OUT COLD: Miserable weather is no excuse for avoiding exercise | **Inside**

express

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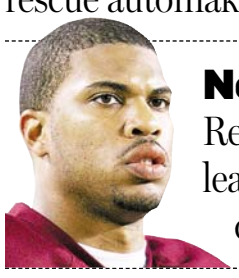
Tuesday

MARCIO JOSÉ SANCHEZ/AP

A burned car sits at a ravaged mobile home park.

'It's Gone': Calif. residents get a look at fires' damage | 6

Going Nowhere? Plan to rescue automakers in peril | 3



No Offense: Redskins' slump leaves playoffs in doubt | 27

ENTERTAINMENT

Squealers: *Kristen Stewart* is the face of teenage girl favorite 'Twilight.' Plus, Leo and Kate are together again.

>> 17-22

McCain, Obama Vow to Work Closely

PABLO MARTINEZ MONSIVAIS/AP

SIDE BY SIDE: Sen John McCain, R-Ariz., meets with President-elect Barack Obama Monday at Obama's transition headquarters in Chicago. In their first meeting since Obama's victory in the presidential election on Nov. 4, the former rivals vowed to work closely to help clean up Washington's politics.

Citigroup to Make Giant Cuts

Ailing Wall Street bank to slash 53,000 jobs to reduce costs

NEW YORK | Citigroup, widely seen as the sickest Wall Street bank, will make some of the most severe cuts in the history of U.S. business — 53,000 jobs — as it tries to slash costs and get back to basics before it's too late.

The cuts, which will leave Citi about 20 percent smaller, are the latest step in a stunning remaking of the American banking landscape since the financial meltdown, an upheaval that has included the demise of storied investment houses and the conversion of others into commercial banks.

Citigroup CEO Vikram Pandit met with employees Monday and laid out the bank's strategy in stark terms: "We are a bank. What does a bank do? A bank takes deposits and puts them to work by investing and making loans."

Challenger, Gray & Christmas Inc., which has tracked downsizing since 1993, said Citi's cuts are the second-most on record. IBM announced in July it was cutting 60,000 jobs. At its peak in 2007, Citi had 375,000 employees.

As investors digested that news, financial stocks had a bad day. Citigroup stock fell 63 cents, or more than 6 percent, to $8.89. The Dow Jones industrials, nearing their lowest close since the financial meltdown began in September, lost nearly 224 points to close at 8,273.58. MADLEN READ (AP)

pollcenter

HAVE YOU LOST FAITH IN JIM ZORN'S ABILITY TO LEAD THE REDSKINS TO THE PLAYOFFS? A YES B NO

TO CAST YOUR VOTE, VISIT **EXPRESSNIGHTOUT.COM** OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S POLL RESULTS, SEE PAGE 44

TUESDAY	WEDNESDAY	THURSDAY
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TODAY: A morning snow shower in spots; partly cloudy later in the day | 46

eyeOpeners

SELF-DESTRUCTION

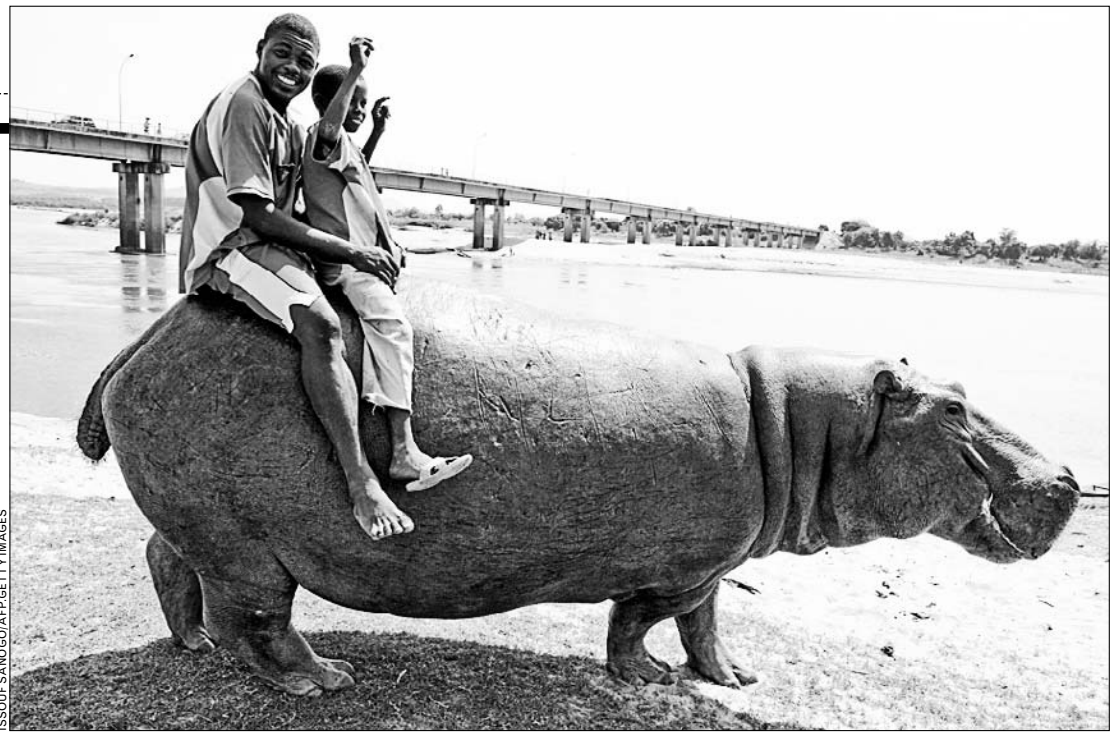
Man Cuffs Himself, Throws Himself in Jail

A Billings, Mont., Highway Patrol trooper cited two men for drunken driving in one traffic stop. Trooper Darvin Mees stopped a suspected drunk driver Wednesday afternoon. While he had the driver out performing a field sobriety test, the passenger slid behind the wheel, started the truck and began to drive off. Mees said he ran after the pickup and yelled at the driver to stop. He did. Mees said the first driver, a 24-year-old man, and his passenger, a 22-year-old man, both failed field sobriety tests and were cited for drunken driving. The traffic stop began with a bus driver's report of a suspected drunken driver. (AP)

ACCUSATIONS

'Also, He Never Took Out the Virtual Trash'

A virtual affair is ending a real-life marriage in southwest England. Amy Taylor filed for divorce when she discovered her husband cheating on her in Second Life — an online community in which players adopt personas called avatars, mingle with others and teleport themselves into a series of artificial worlds. "I caught him cuddling a woman on a sofa in the game," Taylor told the South West News Service press agency. "It looked really affectionate. He confessed he'd been talking to this woman player in America for one or two weeks, and said our marriage was over and he didn't love me anymore." The online drama shows how emotionally invested some people have become in their virtual identities, said Ellen Helsper, a researcher at the Oxford Internet Institute who has studied the impact of the Web on relationships. (AP)



ISSOUF SANOGO/AFP/GETTY IMAGES

EXCEPTIONS

Happy, Happy Hippo

The hippopotamus doesn't have the bad reputation it deserves. These mammals are enormous, faster than an Olympic sprinter and considered one of the most aggressive animals in the world. So, it's fascinating that in Garoua, Cameroon, a fisherman has trained a 4-ton hippo named Africa to be friendly toward children and tourists. (EXPRESS)

CRYBABY

Getaway Car Has No Gas; Man Sues Exxon

Police say a central Pennsylvania man tried to rob a bank — but tellers' empty cash drawers thwarted his attempt. Springettsbury Township Police Lt. Scott Laird said the tellers were waiting for their cash drawers to be filled when a man entered a Susquehanna Bank branch Thursday morning and demanded money. The first teller fainted, and the next two showed him their empty cash drawers. Laird says the man then threatened to file a complaint with bank management before leaving. (AP)

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WHAT A TOOL: A 32-year-old man in Port Orchard, Wash., is in jail after allegedly throwing a wrench at another vehicle while driving on a highway. The tool broke the other vehicle's side window and struck the driver in the left shoulder, but the driver was not injured, police said.

Nation

Hunger Is Increasing, Study Says

Annual report on food security says kids are increasingly affected

WASHINGTON | About 691,000 children went hungry in the United States sometime in 2007, while close to one in eight Americans struggled to feed themselves adequately even before this year's sharp economic downtown, the Agriculture Department reported Monday.

36

The number of U.S. adults and children, in millions, who struggled with hunger in 2007, the report said.

The department's annual report on food security showed that during 2007 the number of children who suffered a substantial disruption in the amount of food they typically eat was more than double the 430,000 in 2006.

Overall, the 36.2 million adults and children who struggled with hunger during the year was up slightly from 35.5 million in 2006. Almost a third of those, 11.9 million adults and children, went hungry at some point. That figure has grown by more than 40 percent since 2000. The government says these people suffered a disruption in their food supply at some point and classifies them as having "very low food security." MICHAEL J. SNIFFEN (AP)

Automaker Bailout Bill Likely to Fail

Lawmakers hesitant to approve emergency loan for ailing industry

WASHINGTON | Prospects dimmed on Monday for the $25 billion bailout that U.S. automakers say they desperately need to get through a bleak and dangerous December.

Though all sides agree that Detroit's Big Three carmakers are in peril, battered by the economic meltdown that has choked their sales and frozen loans, the White House and congressional Democrats are headed for a stalemate over the government money that might go toward helping them.

Behind the logjam is a troubling reality for the car companies: Bailout fatigue seems to have set in at the White House and on Capitol Hill, where many in both parties have spent the past few weeks being berated by constituents for agreeing to the $700 billion Wall Street rescue.

The new debate comes as the financial situation for Chrysler LLC, Ford Motor Co. and General Motors Corp. grows more precarious. GM has said it could run out of cash by year's end without government aid.

Bailout fatigue seems to have set in at the White House and the Capitol.

The Senate Democrats' measure would carve out a portion of the Wall Street bailout money to pay for loans to U.S. automakers and their domestic suppliers, but aides in both parties and lobbyists tracking the plan acknowledge they do not currently have the votes to pass it.

The White House and congressional Republicans insist that any bailout money instead come from redirecting a $25 billion loan program approved by Congress to help the industry develop fuel-efficient vehicles. JULIE HIRSCHFELD DAVIS (AP)

WASHINGTON | BACK TO WORK

LAUREN VICTORIA BURKE/AP

'I FEEL FINE': Sen. Edward Kennedy, D-Mass., and his wife, Victoria Reggie Kennedy, speak with reporters as they arrive on Capitol Hill Monday. Kennedy, who is fighting a malignant brain tumor, returned to work in the Senate for the first time since July. "I feel fine," Kennedy said. "I'm looking forward to the session, and we've got a lot of work to do."

Lieberman Will Keep Prized Job, Sources Report

WASHINGTON | Sen. Joe Lieberman appears increasingly likely to hold onto his prized chairmanship of the Senate Homeland Security Committee as he meets Tuesday with Democratic colleagues unhappy about his vocal support for GOP nominee Sen. John McCain during this year's presidential campaign.

Not long ago, Lieberman's hold on his chairmanship seemed to be slipping as Democrats sought to punish him for criticizing President-elect Barack Obama.Now, say sources who demanded anonymity, it appears that Lieberman will receive a lesser sanction, such as losing a subcommittee chairmanship. (AP)

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Nation

Bailout Funds May Be Passed Down

Paulson will reportedly leave $350 billion of the money untouched

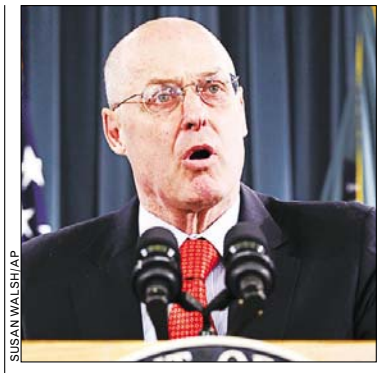
WASHINGTON | The outgoing Bush administration has told top lawmakers it does not plan to use at least half of the $700 billion bailout fund that Congress approved this fall to aid the financial industry, congressional officials said Monday.

The Treasury Department denied the claim but stopped short of saying the funds would be tapped.

The congressional officials said Treasury Secretary Henry Paulson passed the word over the weekend that he intends to leave $350 billion untouched when the administration leaves office on Jan. 20. That would mean the incoming Obama administration would decide whether and how the funds should be spent.

Michele Davis, assistant secretary for public affairs, said congressional leaders had been told the administration would not seek the additional funds over the next few days. She said no decision had been made for the balance of the Bush administration's term.

The White House appears reluctant to dip further into the $700 billion fund, yet a public disclosure of its intent could further damage the credit markets. DAVID ESPO (AP)



SUSAN WALSH/AP

Treasury Secretary Henry Paulson is in the center of the bailout negotiations.

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Nation

140 **The amount of weight, in pounds,** Ulysses Milana of Lewiston, Maine, shed to join the U.S. Marines. Milana lost the weight in a year with the help of Marine recruiters.

MARCIO JOSE SANCHEZ/AP

The devastation of the Oakridge Mobile Home Park is seen in Sylmar, Calif., on Monday. Residents viewed the area on Monday.

Calif. Trailer Park in Ruins

Residents get first look at community gutted by weekend wildfires

LOS ANGELES | Residents of a once neatly kept mobile home park returned Monday to see for themselves how a wildfire turned it into a desolate landscape of charred metal and blackened sticks.

One black van was used to ferry residents of the 484 homes destroyed by Saturday's inferno. White vans were used for residents of the roughly 120 homes that were still standing.

Ed Hurdle, 82, was among many retirees who lived at the Oakridge Mobile Home Park and saw all their belongings go up in flames.

"It's gone," Ed Hurdle said with little emotion after taking the first organized tour. "The car is gone. The house is gone. It's twisted metal. It's totally charred there. There's no hope at all. Nothing. Nothing. Nothing."

The tours came as calm winds and clear skies allowed firefighters to make gains on two Southern California wildfires that devastated hundreds of homes and forced thousands of residents to flee during the weekend. Most of the evacuation orders were lifted by Monday.

Since Thursday, three major fires have burned nearly 41,000 acres, or 64 square miles.

In Los Angeles' Sylmar neighborhood, vans carried residents of the Oakridge park past the rubble and stopped briefly so those who still had homes could collect medication or other essential items before returning to an evacuation center at Sylmar High School.

Betty Glassman, 78, was one of the lucky ones.

"My house was in great shape. All it was was dirty," she said, smiling. "I feel like I'm in a dream. Pinch me." AMY TAXIN (AP)

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World

FIRST FAMILY: A stone-age burial in central Germany has yielded the earliest evidence of people living together as a family. The 4,600-year-old grave contained the remains of four people; DNA analysis shows they were a mother and father and their children.

Somali Pirates Hijack Saudi Tanker

Ship loaded with crude was seized off Africa's eastern coast Saturday

DUBAI, UNITED ARAB EMIRATES | In a dramatic escalation of high seas crime, Somali pirates hijacked a Saudi supertanker loaded with crude hundreds of miles off the coast of East Africa — defeating the security web of warships trying to protect vital shipping lanes.

The takeover demonstrates the bandits' heightened ambitions and capabilities: Never before have they seized such a giant ship so far out to sea. Maritime experts warned the broad daylight attack, reported by the U.S. Navy on Monday, was an alarming sign of the difficulty of patrolling a vast stretch of ocean key to oil and other cargo traffic.

The MV Sirius Star, a brand-new tanker with a 25-member crew, was seized at about 10 a.m. Saturday more than 450 nautical miles southeast of Mombasa, Kenya, the Navy said. The area lies far south of the zone where warships have increased their patrols this year in the Gulf of Aden, one of the busiest channels in the world, leading to and from the Suez Canal, and the scene of most past attacks.

AP

The MV Sirius Star tanker, shown in an undated photo, was hijacked Saturday.

The massive supertanker would seem to present a daunting target for the pirates, who usually operate in small speedboats. At 1,080 feet, it is the length of an aircraft carrier and can carry about 2 million barrels of oil.

Details of Saturday's attack were not known, but in past seizures, pirates have used ropes and ladders to climb the hull — and on large ships, the crew often doesn't notice them until it's too late. (AP)

Rebels Ignore Cease-Fire in Congo

Thousands of civilians seek refuge as fighting continues in the east

KANYABAYONGA, CONGO | On one side of this mountaintop ghost town, a line of black-booted rebels approaches on foot with rockets and tin boxes of ammunition, seizing new territory with each footstep despite promises of a cease-fire.

On the other side, government soldiers in flip-flops balancing portable generators and luggage on their heads have already begun to flee.

In between, the vast Central African nation's deepening humanitarian crisis is laid bare: thousands of desperate civilians who used to live in this eastern Congo town huddle against coils of concertina wire surrounding a base for United Nations peacekeepers, waiting nervously for the rebels to arrive.

KAREL PRINSLOO/AP

Congolese women wait for food at a Red Cross distribution site in a refugee camp in Kibati, Congo, on Monday. Fighting flared in eastern Congo, despite a cease-fire.

"We are hungry and thirsty, but we don't want any aid. We want security," said 30-year-old Jeff Machozi, who built a makeshift tent here three days ago with tree branches and bamboo he ripped out of the earth. "We want this war to stop."

Though rebel leader Laurent Nkunda told visiting U.N. envoy Olusegun Obasanjo on Sunday that he was committed to a cease-fire, his troops have been carving out an even greater territory in the remote hills north of the provincial capital of Goma.

Early Monday, the rebels took control of Rwindi, the headquarters of Virunga National Park, after a night spent trading artillery and mortar fire with army forces.

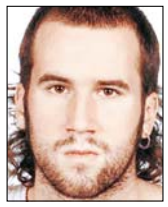
"They are continuing their offensive further north," U.N. peacekeeping spokesman Col. Jean-Paul Dietrich said. "This shows they're not respecting their own cease-fire they've declared." TODD PITMAN (AP)

In Brief

MADRID, SPAIN

French, Spanish Police Arrest Reputed ETA Leader

French and Spanish police arrested the reputed leader of ETA's commando units on Monday — dealing a devastating blow to the Basque separatist group. Mikel de Garikoitz Aspiazu Rubina, 35, is suspected of taking part in several killings, including the December shooting deaths of two Spanish guardsmen in France. (AP)



Aspiazu Rubina

CARACAS, VENEZUELA

Iran, Venezuela Team Up To Start Socialist University

Iran and Venezuela plan to start a new university program in the South American country with a focus on teaching socialist ideals. Venezuela's government says it plans to establish the University of Civilizations at the existing, tuition-free Bolivarian University in Caracas, under accords recently signed with Iran. (AP)

KANDAHAR, AFGHANISTAN

Taliban Reject Afghan President's Offer for Talks

Taliban militants rejected an offer of peace talks with Afghan President Hamid Karzai, saying Monday there would be no negotiations until foreign troops leave Afghanistan. Karzai offered Sunday to provide security for reclusive Taliban leader Mullah Omar if he entered talks. (AP)

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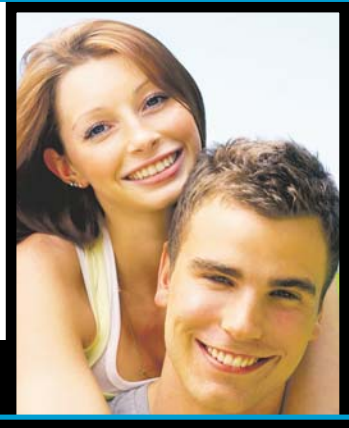

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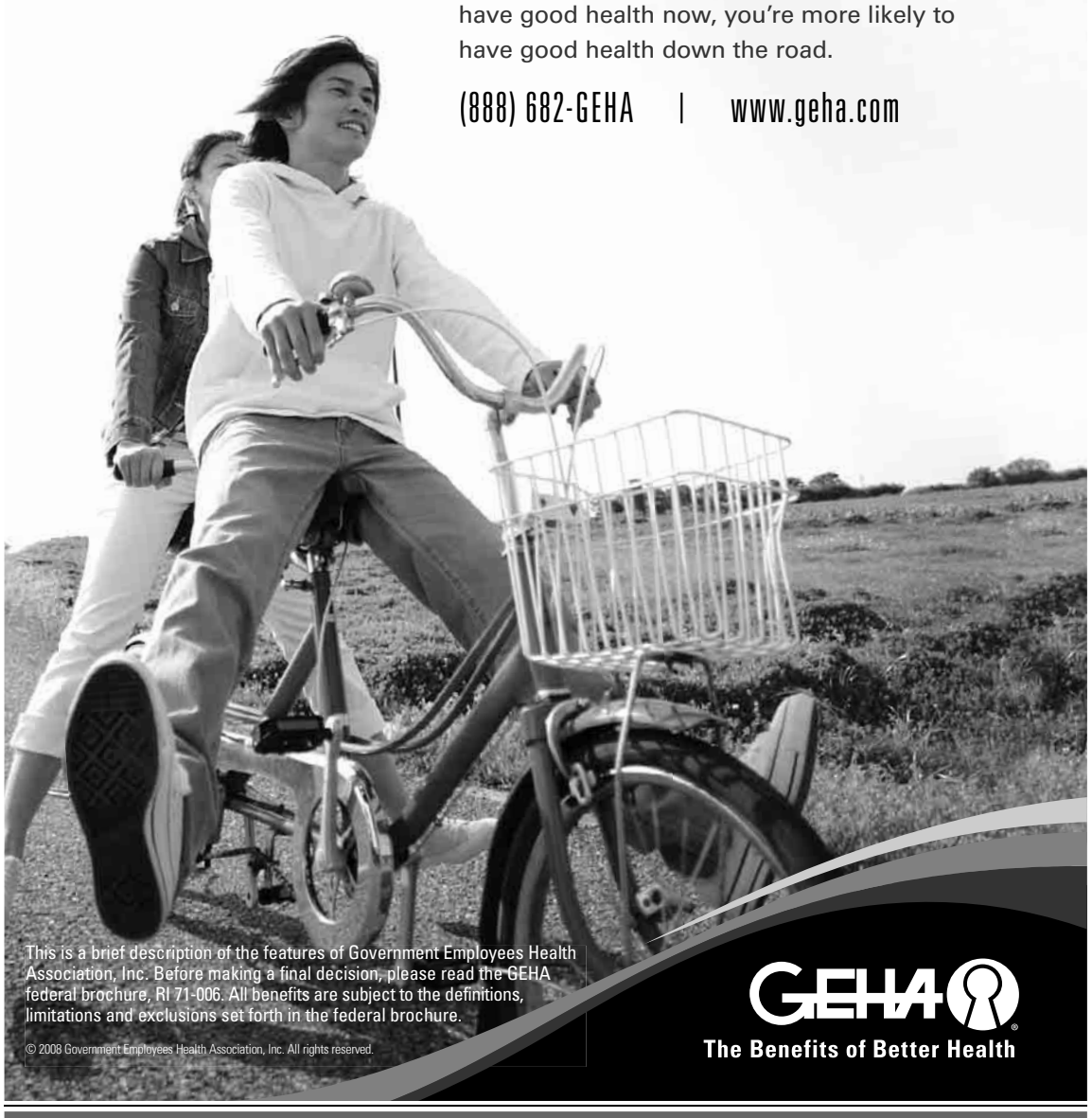

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World

JONATHAN NACKSTRAND/AFP/GETTY IMAGES

Israeli police inspect the scene of a car bombing that killed mafia leader Yaakov Alperon in Tel Aviv, Israel, on Monday. The assassination dominated Israeli news.

Car Bombing Kills Israeli Mob Boss

Well-known criminal's assassination leads to fears of gang wars

TEL AVIV, ISRAEL | A bomb exploded in a car carrying one of Israel's top mafia kingpins on Monday, killing him and threatening to unleash an all-out war in Israel's increasingly violent underworld.

Israeli police officials identified the dead man as Yaakov Alperon — known informally as "Don Alperon" — the head of one of the country's most powerful crime families. The bloodied body was wearing the same polo shirt Alperon was seen sporting earlier in the day at a Tel Aviv courthouse.

Medics said three bystanders were lightly wounded in the blast.

Israelis are accustomed to violence with Palestinians but have traditionally felt relatively safe from violent crime. In recent years, however, mob wars also have plagued Israeli cities.

Rival underworld gangs have waged bloody battles for control of gambling and protection rackets. They target each other with bullets, bombs and even anti-tank missiles in violence that has killed dozens of gangsters and at least eight bystanders in the last three years.

Monday's midday attack was by far the most high-profile to date.

The explosion came as Alperon returned from a courthouse where his son, Dror, was facing extortion charges.

The assassination quickly dominated the news. TV stations interrupted their scheduled programming.

Alperon, Israel's most famous criminal, had become something of a cultural icon. He and his brothers had given frequent TV interviews and were parodied on comedy shows. His immediate family even took part in a reality TV show.

ARON HELLER (AP)

BY THE NUMBERS: Repairing the world's largest atom smasher will cost at least $21 million and may take until early summer, the European Organization for Nuclear Research said on Monday. An electrical failure shut down the Large Hadron Collider in Geneva, Switzerland, on Sept. 19, nine days after the $10 billion machine started up with great fanfare. (AP)

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World

FERNANDO VERGARA/AP

Clients of an illegal investment company demonstrate in Bogota, Colombia.

Colombia Declares Emergency

Action comes after illegal investment schemes caused riots

BOGOTA, COLOMBIA | Colombia declared a state of emergency Monday to crack down on illegal investment schemes that lured millions of people with promises of improbably high payouts, only to collapse amid rioting.

Government officials vowed to repay the poorest investors and sent police to shut down other alleged pyramid scheme operations on Monday, even though some loyal clients marched through the streets to defend companies that had offered interest rates as high as 150 percent per month.

"Citizens should understand that the government is protecting them," Interior Minister Fabio Valencia said as he announced the emergency measures. They include boosting prison terms for those who illegally collected money to 20 years from six, and giving mayors and governors police powers to shut down such businesses.

The emergency authority lasts 30 days.

Millions of Colombians had invested cash with unlicensed companies. Panic set in last week when one company, Proyecciones DRFE, collapsed amid news that its owner had left the country — leaving about $270 million of investments in limbo. Furious clients stormed and looted local branches in rioting that left two men dead. LIBARDO CARDONA (AP)

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Local

D.C. Panel Rejects Nickles

Divided council set to vote on acting AG's confirmation Tuesday

A divided D.C. Council is scheduled to vote on the confirmation of the District's Acting Attorney General Peter J. Nickles Tuesday, one day after the body's judicial panel voted against confirming the lawyer on the grounds that he is too close to Mayor Adrian M. Fenty, has yet to move to the District and has frustrated many with his aggressive style.

The committee on public safety and the judiciary voted 3-2 to send Nickles packing after the panel's chair Phil Mendelson, D-At-large, released a 20-page report that raised a number of questions about Nickles' judgment since he was hired in 2006.

Nickles

While the report said Nickles, educated at Princeton and Harvard and a longtime advocate for the downtrodden, has "exceptional experience and knowledge," it sharply criticized Nickles as being heavy-handed with city workers, on civil liberties, and in his dealings with other city government and elected officials, among other issues. Most important, however, the report said, Nickles is too close to Fenty to represent the District residents and the city.

In his report, Mendelson said, "Mr. Nickels does not show the independent judgment that is necessary. He would be the attorney general for the city, but he is acting as if he is the legal counsel for the mayor. He is making personnel decisions which are inappropriate when he is the attorney who will have to defend the city in court."

D.C. Council member's Mary M. Cheh, D-Ward 3, and Yvette Alexander, D-Ward 7, joined Mendelson in their vote against Nickles, while Jack Evans, D-Ward 2, and Muriel Bowser, D-Ward 4, supported him.

HAMIL R. HARRIS (THE WASHINGTON POST)

IN The Washington Post | DETECTIVES BURY BABY

MARVIN JOSEPH/TWP

REST IN PEACE: Police Chaplain Steven Rhoads, left, and homicide detectives with Prince George's County attend the burial of Maria Del Pilar in Clinton, Md., Monday. ✣ **All alone:** Detectives took it upon themselves to bury a baby who died after being found on a busy street. | **Today's Metro**

City Shuts Down Car Dealerships

Mayor: 23 used-car lots had nothing to do with selling autos

The District is closing 23 used-car dealerships in the city and terminating the licenses of 303 salespeople, Mayor Adrian M. Fenty, a Democrat, said Monday. The dealerships, he said, were nothing more than glorified storage facilities that had nothing to do with selling cars.

Fenty, flanked by Acting Attorney General Peter J. Nickles and several other city officials, made his announcement outside Citi Motors on Bladensburg Road NE. The mayor pointed to the car lot behind him and said such places offer no benefit to the city.

"The neighborhoods and commercial corridors of the District will no longer be dumping grounds for dangerous vehicles that, according to our findings, were never intended to be sold in the District," Fenty said.

As he spoke, city tow trucks were lined up along the street, waiting to take away the cars on the lot.

DAVID BETANCOURT (THE WASHINGTON POST)

The Lotteries

Monday, Nov. 17

DISTRICT	
Mid-day Lucky Numbers	9-5-5
Mid-day DC 4	1-8-3-0

MARYLAND	
Mid-day Pick 3	4-2-2
Mid-day Pick 4	8-8-0-9

VIRGINIA	
Mid-day Pick 3	7-1-1
Evening Pick 3 (Sun.)	1-5-2
Mid-day Pick 4	5-7-4-9
Evening Pick 4 (Sun.)	3-3-7-6
Mid-day Cash 5	4-10-19-26-27
Evening Cash 5 (Sun.)	7-14-17-28-31

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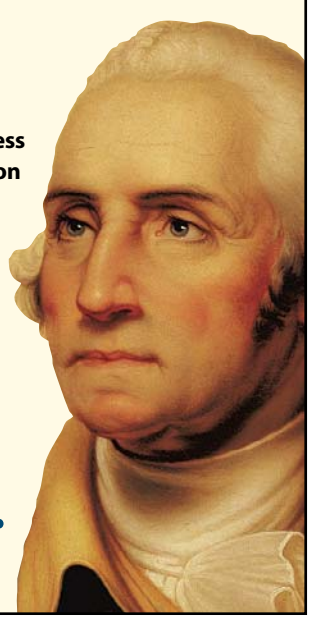

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Money

Stocks Inch a Little Lower

Pessimism about the economy continues to build on Wall Street

NEW YORK | Wall Street finished sharply lower Monday as investors pored over more signs of economic weakness, including a huge round of layoffs in the financial sector.

After a turbulent week that sent the Dow Jones industrials down nearly 340 points, investors found little solace in the latest news. Stocks zigzagged throughout the session, finally giving way to a stream of late-day selling that left the Dow Jones industrials lower by 223 points.

In a signal that banks are still struggling in the wake of massive losses, Citigroup Inc. announced it is cutting another 53,000 jobs. Investors were also nervously waiting to see whether the nation's automakers would get a bailout from the government.

The Dow fell 223.73 to 8,273.58, near its lows of the session. Standard & Poor's 500 index fell 22.54 to 850.75, while the Nasdaq composite index dropped 34.80 to 1,482.05.

Analysts think the market is still searching for a bottom after last month's huge losses and that the pattern of volatility will continue for some time. Woody Dorsey, president of financial forecasting firm Market Semiotics, said the market is trapped in a seesaw pattern.

"It is a very technical trade," he said. "The difficulty is there is no dominant positive or negative story that the market is operating on. … There's nothing here that people can grab onto." (AP)

RICHARD DREW/AP

Charles Jenness and Jennifer Klesaris work on the floor of the New York Stock Exchange Monday. Stocks fell as investors pored over signs of economic trouble.

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The protocol for the Dignity study has undergone the appropriate review by regulatory authorities and ethics committees.

DIGNITY STUDY

Study site name: Medical Faculty Associates, The George Washington University
Study Coordinator: Stacy Tam
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COUCH TOMATOES: Digital video recording company TiVo announced Monday it is teaming up with Domino's to allow subscribers to order pizza for delivery from their televisions. TiVo subscribers will be able to enter their delivery address and select crust types and sauces on their TV screens.

Target Pins Hopes on Price Cutting

Retailer plans steep discounts as holiday shopping approaches

NEW YORK | Target Corp. said Monday it will aggressively cut prices to give consumers bargains during the holiday season, after weak sales of its apparel and home offerings led third-quarter earnings to fall 24 percent.

The retailer also said sales in established stores have been weak so far in November, and if that persists, it expects fourth-quarter earnings below analyst expectations.

LISA POOLE/AP

Target Corp. on Monday said that a difficult retail environment and weak results from its credit-card business led to a 24 percent decline in third-quarter earnings.

"The increasing financial challenges and economic uncertainties facing American households continued to pressure our performance during the third quarter," said Chief Executive Gregg Steinhafel.

He also cited higher write-offs in the company's credit-card business, where profit fell 83 percent. Target added $104 million during the quarter to a reserve fund to cover future write-offs as customers have trouble paying their bills.

The company has fared worse than its chief rival, Wal-Mart Stores Inc., as consumers cut back on discretionary spending and shop mainly for necessities, since more than 40 percent of Target's revenue comes from nonessential items such as trendy fashions and housewares.

Last week, Wal-Mart said its third-quarter profit rose 10 percent, ahead of analysts' expectations, as sales increased 7 percent.

During the holidays, Target will remain "keenly focused" on offering low prices and will match Wal-Mart's prices on identical items in local markets, said Kathryn Tesija, Target's executive vice president of merchandise.

Target said profit for the three months ended Nov. 1 fell to $369 million, or 49 cents per share, from $483 million, or 56 cents per share, last year. MAE ANDERSON (AP)

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SMALL SHOES TO FILL: Angelina Jolie has confirmed that she will replace Tom Cruise in the espionage thriller "Edwin A. Salt." Last week, Jolie said she'll return to work on the film in February, but after that, she won't work for a year.

Entertainment

PETER SOREL

LOVE IS BLIND: Bella (Kristen Stewart) is cool with the fact that her crush, Edward, is a vegan vampire, who may cost her her life.

'Twilight' Zone

The imminent release of a cult favorite has teen girls shrieking

VAMPIRES | For many young women, the Friday before Thanksgiving won't be spent at the mall but at the multiplex waiting in line to see "Twilight," the long-anticipated, much ballyhooed adaptation of Stephenie Meyer's vampire chronicles.

The teen-oriented, four-book series — which staked its place in publishing history with the 2005 debut of "Twilight" — has grown into a worldwide phenomenon with a predominantly female fan base. The books have spent a combined total of 91 weeks at No. 1 on the New York Times' best-seller list and have sold 17 million copies worldwide. More than 350 fan sites in dozens of languages are devoted to the series. With so many loyal and devoted followers, it was only a matter of time before Hollywood took notice.

"Twilight's" sneak peek at San Diego's comic book convention earlier this year drew hundreds of delirious fans, eager to catch a glimpse of or snag an autograph from one of the cast members of the otherworldly romantic drama. British actor Robert Pattinson, who plays the lead vampire, Edward, compared the high-pitched screaming of the fans at the convention's red carpet to "the gates of hell."

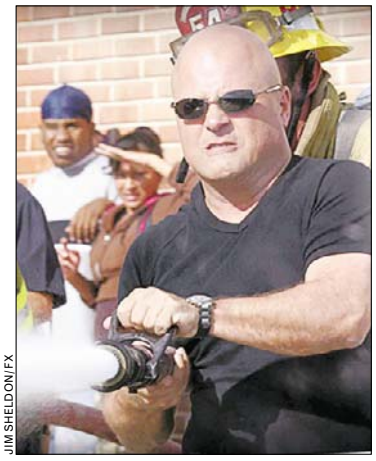
"Twilight" centers on a love story between a mortal 17-year-old high school girl named Bella (Kristen Stewart) who falls in love with the handsome immortal vampire Edward. Edward attends her new school and lives with a family of vegan vampires known as the Cullens.

There are, however, some bad "Nomad vampires" who have it in for the Cullens and the humans. Things get ugly between the vampire factions when a couple of mortals in the area turn up dead. To protect Bella from harm, Edward initially tries to avoid her, but he eventually realizes their mutual attraction can't be denied.

Stewart, who co-starred with Emile Hirsch in last year's acclaimed "Into the Wild," had no idea how popular the "Twilight" books were and initially was going to pass on the project.

Her agent convinced her to read the script, and she changed her mind.

"I saw that Edward isn't perfect at all, which is always the perfect thing for a girl to have because we're like saviors," she says. "When I got that it was a really impossible love that should be ignored if possible, that got me. I'm interested in unhealthy, neurotic people, and that's what I found in both of these characters." ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)



JIM SHELDON/FX

Vic Mackey's character has elevated the good cop-bad copy dynamic.

Shielding Dramatic Demise

An FX show has been a beacon of hope in TV's hour of crisis

INSPIRATION | Critics know the drill. You watch the preview screener of a new show. Sometimes, it's horrible. Or more occasionally, superb.

"The Shield" is superb. And that's why the seven-season drama's inexorable conclusion — two terrific episodes on FX at 10 p.m. Tuesday and Nov. 25 — is such an occasion for celebration.

It's not just for the 88 rousing hours in this saga of rogue cop Vic Mackey's L.A. police "strike team."

It's not just because "The Shield" sustained the ambition of its pilot, incarnating flesh-and-bloody characters while probing the intersection of law enforcement, politics and citizens.

The show's ultimate achievement may be that "The Shield," in an odd dovetail with the presidential election, has broken barriers in a way that inspires a fresh sense of hope amid uncertain times.

Bursting out of nowhere back in 2002, "The Shield" proved basic cable could deliver frank content and that viewers would find quality scripted shows wherever they aired, even in an era of rampant low-rent "reality." DIANE WERTS (NEWSDAY)

Parallel Worlds for the Davids

Cook's album is like Archuleta's persona — underdeveloped

MUSIC | David Cook and David Archuleta have been joined in the public consciousness for some time — both were "American Idol" finalists, both had massive public appeal. And now they've released their self-titled albums only a week apart from each other.

Which brings us to a big difference: the albums' content.

FOR MORE on the album and a David Cook music video, visit **Expressnightout.com**

Where Archuleta's release was a sharply focused testament to his ample vocal talent, Cook's is a musical sampler of variations on a theme: the '90s.

Cougars 4 Cook will surely growl with approval.

The album's first single, "Light On," seems like a harvest straight from Soundgarden. His track "Lie" is the musical cousin of the Goo Goo Dolls' "Iris" — they don't look exactly alike, but you can tell they're related. And Cook's "Come Back to Me" sounds a lot like Lifehouse.

"David Cook" the album is like David Archuleta the person — it's a teenager. It's eminently listenable, gratifyingly variable and certainly well-produced. But it's also a mildly unfocused volley from an artist who's bursting with talent but still musically finding himself.

GREG BARBER (EXPRESS)

COURTESY OF RCA

David Cook really, really loves the '90s. One listen to his album will tell you that.

Entertainment

TWO-FACE TAKES THE LEAD: Aaron Eckhart is slated to star in "Battle: Los Angeles," a sci-fi flick that Jonathan Liebesman is directing. The deal puts the actor front and center in an action movie for the first time.

A Chemistry That Never Died

Even though their ship sank, Kate and Leo are trying again

REUNION | The first time out, Kate Winslet and Leonardo DiCaprio's romance went down with the ship.

Now the "Titanic" stars reunite for another love affair, and this one's a train wreck.

Winslet and DiCaprio attended a press screening Saturday for "Revolutionary Road," their dark domestic drama that should put them back in the heart of the upcoming Academy Awards season.

"Revolutionary Road" — adapted from the Richard Yates novel and directed by Winslet's husband, Sam Mendes — traces the married life of Frank and April Wheeler, whose relationship begins in giddy optimism but runs aground amid the monotony of 1950s suburbia.

Though the Wheelers share moments of deep affection, their marriage generally devolves into discord and shouting matches that would drown out Jackie Gleason's bellowing Ralph Kramden in "The Honeymooners."

DiCaprio said that when he first read Yates' novel, he was struck by the agonizing authenticity of its portrait of domestic strife.

"I felt almost embarrassed. I felt like I was a fly on the wall, almost, watching this relationship unravel," DiCaprio said. "I felt like I shouldn't be here."

FRANCOIS DUHAMEL/PARAMOUNT VANTAGE

In "Revolutionary Road," the Scotch is straight-up, and the marriage is on the rocks.

"Revolutionary Road" is the second drama set in the American suburbs for British filmmaker Mendes, whose debut film, "American Beauty," won five Oscars, including best picture and best director.

With powerhouse performances, DiCaprio and Winslet both could be in line for acting nominations this time, along with co-star Michael Shannon, who has a scene-stealing role as a psychiatric patient brutally dissecting Frank and April's shortcomings.

"Revolutionary Road" also reunites DiCaprio and Winslet with "Titanic" co-star Kathy Bates.

The film opens in New York and Los Angeles on Dec. 26, then nationally in January. DAVID GERMAIN (AP)

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QUANTUM OF SOLACE (PG-13) ★ (1130 1200 1245 130 215 300 345 430 515) 600 645 730 815 900 945 1030
MADAGASCAR 2: ESCAPE TO AFRICA - DP (PG) (145 415) 700 930
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1145 100 230 330 500) 615 745 845 1015
ROLE MODELS (R) - ID REQ'D (1230 300 530) 800 1035
SOUL MEN (R) - ID REQ'D (1130 200 445) 715 1000
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (1215 245 515) 745 1030
CHANGELING (R) - ID REQ'D (1200 315) 630 1000
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (400 PM) 700 PM
OC & DA: HIGH SCHOOL MUSICAL 3 (G) (115 PM) 945 PM
SECRET LIFE OF BEES (PG-13) (115 400) 645 930

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Adv. Tix on Sale BOLT
Adv. Tix on Sale FOUR CHRISTMASES
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QUANTUM OF SOLACE (PG-13) ★ (1245 145 230 330 430 515) 630 715 800 915 1000 1045
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1215 1245 145 215 245 315 415 445 515 545) 645 715 745 815 915 945 1015
ROLE MODELS (R) - ID REQ'D (1200 230 500) 730 1000
SOUL MEN (R) - ID REQ'D (200 430) 730 1030
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (215 500) 800 1045
CHANGELING (R) - ID REQ'D (1230 400) 700 1015
SAW V (R) - ID REQ'D 1045 PM
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (130 PM) 700 PM
OC & DA: HIGH SCHOOL MUSICAL 3 (G) (415 PM) 930 PM
SECRET LIFE OF BEES (PG-13) (1230 330) 630 930
EAGLE EYE (PG-13) (200 445) 745 1030

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale BOLT
Adv. Tix on Sale FOUR CHRISTMASES
Adv. Tix on Sale TWILIGHT
QUANTUM OF SOLACE (PG-13) ★ (1130 1200 1230 200 230 300 430 500 530) 700 730 800 930 1000 1030
ROLE MODELS (R) - ID REQ'D (1215 245 515) 745 1025
SOUL MEN (R) - ID REQ'D (1145 230 530) 800 1030
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1145 1215 145 215 245 415 445 515) 645 715 745 915 945 1015
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (1130 200 445) 730 1020
OC & DA: HIGH SCHOOL MUSICAL 3 (G) (400 PM) 945 PM
CHANGELING (R) - ID REQ'D (1200 330) 645 1000
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (100 PM) 700 PM
W (PG-13) (115 PM)
SECRET LIFE OF BEES (PG-13) (115 345) 630 900
BODY OF LIES (R) - ID REQ'D (415 PM) 715 PM 1010 PM
FIREPROOF (PG) (1230 330) 630 915

MAJESTIC STADIUM 20
900 Ellsworth Dr, Silver Spring, MD 240-393-4826

Adv. Tix on Sale BOLT
Adv. Tix on Sale FOUR CHRISTMASES
Adv. Tix on Sale TWILIGHT
QUANTUM OF SOLACE (PG-13) ★ (1210 130 215 245 415 455 525) 645 730 800 945 1015 1045
RW & DA: QUANTUM OF SOLACE (PG-13) ★ (1245 315) 600 830
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1200 1225 120 145 210 235 325 355 420 445 535) 605 630 705 750 820 840 915 1000
RW: MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1250 300 510) 720 930
ROLE MODELS (R) - ID REQ'D (115 340) 610 825 1050
SOUL MEN (R) - ID REQ'D (1230 200 310 450 550) 715 820 950 1040
HAUNTING OF MOLLY HARTLEY (PG-13) 1025 PM
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (140 400) 625 850
CHANGELING (R) - ID REQ'D (110 410) 710 1020
SAW V (R) - ID REQ'D 740 PM 955 PM
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (135 430) 700 940
W (PG-13) (125 PM) 1030 PM
SECRET LIFE OF BEES (PG-13) (1205 240 515) 745 1010
MAX PAYNE (PG-13) (1255 320 545) 805 1035
BODY OF LIES (R) - ID REQ'D (440 PM) 735 PM
BEVERLY HILLS CHIHUAHUA (PG) (1240 PM 305 PM 520 PM)
EAGLE EYE (PG-13) (1220 255 530) 810 1050

ROYALE STADIUM 14
6505 America Blvd, Hyattsville, MD 301-864-3456

Adv. Tix on Sale BOLT
Adv. Tix on Sale FOUR CHRISTMASES
Adv. Tix on Sale TWILIGHT
RW & DA: QUANTUM OF SOLACE (PG-13) ★ (100 335) 700 935
QUANTUM OF SOLACE (PG-13) ★ (1200 230 505) 730 1005
ROLE MODELS (R) - ID REQ'D (1210 235 455) 715 940
SOUL MEN (R) - ID REQ'D (1230 110 300 340 535) 720 800 950 1030
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1205 105 215 315 425 530) 635 740 900 1000
RW: MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1235 245 500) 710 930
HAUNTING OF MOLLY HARTLEY (PG-13) (1240 PM) 655 PM
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (1215 240 510) 735 1015
CHANGELING (R) - ID REQ'D (1255 400) 705 1010
SAW V (R) - ID REQ'D (250 PM) 945 PM
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (1245 320 545) 815 1045
SECRET LIFE OF BEES (PG-13) (1225 255 525) 755 1025
EAGLE EYE (PG-13) (1220 310) 745 1035

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

Adv. Tix on Sale BOLT
Adv. Tix on Sale FOUR CHRISTMASES
Adv. Tix on Sale TWILIGHT
QUANTUM OF SOLACE (PG-13) ★ (1230 120 210 300 350 440 530) 620 715 800 850 945 1030
ROLE MODELS (R) - ID REQ'D (1230 300 530) 800 1020
SOUL MEN (R) - ID REQ'D (130 420) 730 1000
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1230 115 200 240 325 410 450 535) 620 700 745 830 910 955
CHANGELING (R) - ID REQ'D (100 400) 715 1015
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (145 415) 645 915

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale FOUR CHRISTMASES
Adv. Tix on Sale TWILIGHT
QUANTUM OF SOLACE (PG-13) ★ (100 145 230 315 415 500 545) 645 730 815 915 1000 1030
ROLE MODELS (R) - ID REQ'D (300 530) 800 1030
SOUL MEN (R) - ID REQ'D (100 215 315 445 545) 715 815 945 1030
MADAGASCAR 2: ESCAPE TO AFRICA - DP (PG) (130 400) 630 900
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (100 200 230 330 430 500) 600 700 730 830 1000
HAUNTING OF MOLLY HARTLEY (PG-13) 915 PM
CHANGELING (R) - ID REQ'D (100 345) 645 945
SAW V (R) - ID REQ'D (300 515) 800 1030
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (200 430) 700 930
SECRET LIFE OF BEES (PG-13) (245 515) 745 1015

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#

Adv. Tix on Sale FOUR CHRISTMASES
Adv. Tix on Sale TWILIGHT
QUANTUM OF SOLACE (PG-13) ★ (1200 1230 140 200 240) 330 420 450 520 630 700 730 800 915 940 1010 1045
ROLE MODELS (R) - ID REQ'D (1150 215) 515 755 1025
SOUL MEN (R) - ID REQ'D (1210 255) 530 810 1040
MADAGASCAR 2: ESCAPE TO AFRICA - DP (PG) (115) 345 640 900
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1200 225) 455 715 940
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (1155 220) 445 720 955
OC & DA: HIGH SCHOOL MUSICAL 3 (G) (235 PM) 1030 PM
CHANGELING (R) - ID REQ'D (1230) 340 655 1000
SAW V (R) - ID REQ'D (1220 245) 520 740 1015
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (1205 PM) 510 PM 750 PM
SECRET LIFE OF BEES (PG-13) (1200 230) 500 725 950
RACHEL GETTING MARRIED (R) - ID REQ'D (1250) 350 650 930

BALLSTON COMMON STADIUM 12
671 N Glebe Rd 800-FANDANGO 377#

Adv. Tix on Sale FOUR CHRISTMASES
Adv. Tix on Sale TWILIGHT
QUANTUM OF SOLACE (PG-13) ★ (1240 120 200 240 320 400 440 520) 600 640 720 800 840 920 1000
ROLE MODELS (R) - ID REQ'D (150 430) 710 945
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (100 140 220 300 340 420 500 540) 620 700 740 820 930 1010
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (230 510) 750 1020
W (PG-13) (1250 350) 650 950
BODY OF LIES (R) - ID REQ'D (130 425) 730 1030
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) 850 PM

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale FOUR CHRISTMASES
Adv. Tix on Sale TWILIGHT
QUANTUM OF SOLACE (PG-13) ★ (1230 110 150 230 315 355 435 515) 600 640 720 800 845 925 1005
ROLE MODELS (R) - ID REQ'D (145 425) 700 935
SOUL MEN (R) - ID REQ'D (140 220 430 510) 710 750 945 1030
MADAGASCAR 2: ESCAPE TO AFRICA - DP (PG) (200 420) 650 915
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (120 240 340 500) 610 730 835 955
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (210 450) 740 1020
OC & DA: HIGH SCHOOL MUSICAL 3 (G) (405 PM) 940 PM
CHANGELING (R) - ID REQ'D (1245 300) 620 940
SAW V (R) - ID REQ'D (400 PM) 630 PM 905 PM
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (125 PM) 655 PM
W (PG-13) (1245 350) 705 1010
BODY OF LIES (R) - ID REQ'D (130 PM 440 PM) 810 PM

KINGSTOWNE STADIUM 16
5910 Kingstowne Towne Center 703-822-4956

Adv. Tix on Sale BOLT
Adv. Tix on Sale FOUR CHRISTMASES
Adv. Tix on Sale TWILIGHT
RW & DA: QUANTUM OF SOLACE (PG-13) ★ (205 440) 730 1005
QUANTUM OF SOLACE (PG-13) ★ (1200 1230 130 235 305 405 510 540) 645 800 830 925 1030
ROLE MODELS (R) - ID REQ'D (210 450) 735 1000
SOUL MEN (R) - ID REQ'D (140 415) 705 930
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1205 1235 105 120 150 220 250 320 350 425 455 525 550) 620 650 720 750 815 845 915 945 1010
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (200 500) 740 1015
CHANGELING (R) - ID REQ'D (1210 325) 640 955
SAW V (R) - ID REQ'D 1030 PM
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (155 430) 710 950
SECRET LIFE OF BEES (PG-13) (1240 330) 615 910
MAX PAYNE (PG-13) (1215 PM)
BODY OF LIES (R) - ID REQ'D (245 PM) 635 PM 940 PM

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale FOUR CHRISTMASES
Adv. Tix on Sale TWILIGHT
QUANTUM OF SOLACE (PG-13) ★ (1145 1215 1245 130 215 245 315 400 445 515 545) 630 715 745 815 900 945 1015
ROLE MODELS (R) - ID REQ'D (1205 235 505) 735 1010
SOUL MEN (R) - ID REQ'D (1155 225 455) 755 1025
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1110 1130 1200 1230 110 140 200 230 300 340 410 430 500 530) 605 640 705 730 800 840 905 930 1000
HAUNTING OF MOLLY HARTLEY (PG-13) (1140 155 415) 700 915
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (1220 250 520) 750 1020
OC & DA: HIGH SCHOOL MUSICAL 3 (G) (330 PM) 935 PM
CHANGELING (R) - ID REQ'D (1135 1225 255) 620 925
SAW V (R) - ID REQ'D 1030 PM
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (1250 PM) 655 PM
ROCKNROLLA (R) - ID REQ'D (335 PM) 615 PM 850 PM
SECRET LIFE OF BEES (PG-13) (150 440) 720 955
BODY OF LIES (R) - ID REQ'D (1255 355) 650 950
EAGLE EYE (PG-13) (105 350) 635 920
FIREPROOF (PG) (1240 325) 610 855

FOX STADIUM 16
22875 Crawford Plz, Asburn, VA 703-957-1035

Adv. Tix on Sale BOLT
Adv. Tix on Sale FOUR CHRISTMASES
Adv. Tix on Sale TWILIGHT
QUANTUM OF SOLACE (PG-13) ★ (1100 1245 130 315 400 545) 630 815 915 1045
RW & DA: QUANTUM OF SOLACE (PG-13) ★ (1145 215 445) 715 1000
ROLE MODELS (R) - ID REQ'D (1150 240 510) 745 1030
SOUL MEN (R) - ID REQ'D (1210 250 520) 750 1040
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1200 1230 100 230 300 330 500 530) 615 730 800 830 945 1015
RW: MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1115 145 415) 645 900
HAUNTING OF MOLLY HARTLEY (PG-13) 1045 PM
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (1130 220 450) 740 1010
CHANGELING (R) - ID REQ'D (1220 340) 710 1020
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (1110 140 420) 700 940
SECRET LIFE OF BEES (PG-13) (1215 310) 600 840
BODY OF LIES (R) - ID REQ'D 720 PM 1025 PM
CITY OF EMBER (PG) (1120 AM 200 PM 430 PM)
BEVERLY HILLS CHIHUAHUA (PG) (115 350) 620 850
EAGLE EYE (PG-13) (1240 320) 640 930

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale FOUR CHRISTMASES
Adv. Tix on Sale TWILIGHT
Adv. Tix on Sale TWILIGHT - DP
QUANTUM OF SOLACE (PG-13) ★ (1245 145 235 325 420 510) 600 700 745 835 935 1020
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (130 200 230 400 430 500) 630 705 730 845 920
MADAGASCAR 2: ESCAPE TO AFRICA - DP (PG) (1250 315 545) 800 1015
SOUL MEN (R) - ID REQ'D 1000 PM
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (215 455) 735 1010
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (140 425) 710 945
SECRET LIFE OF BEES (PG-13) (150 450) 720 955

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale FOUR CHRISTMASES
Adv. Tix on Sale TWILIGHT
QUANTUM OF SOLACE (PG-13) ★ (1200 1230 100 145 230 300 330 415 500 530) 600 645 730 815 845 915 1000 1045
ROLE MODELS (R) - ID REQ'D (140 440) 715 1015
SOUL MEN (R) - ID REQ'D (1130 200 430) 740 1020
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1145 1245 215 315 400 545) 615 700 830 900 945
MADAGASCAR 2: ESCAPE TO AFRICA - DP (PG) (130 445) 745 1030
ZACK AND MIRI MAKE A PORNO (R) - ID REQ'D (1140 245 515) 800 1050
CHANGELING (R) - ID REQ'D (1120 240) 620 940
SAW V (R) - ID REQ'D 1040 PM
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (115 345) 630 930
SECRET LIFE OF BEES (PG-13) (1240 320) 710 950

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AMC HOFFMAN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

IMAX MADAGASCAR: ESCAPE 2 AFRICA: THE IMAX EXPERIENCE (PG)
12:45, 3:00, 5:20, 7:45, 10:05

DIGITAL PRESENTATION

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G)
1:30, 4:20, 7:00, 9:40

QUANTUM OF SOLACE (PG13) ✓ 12:40, 1:10, 1:40, 2:10, 3:40, 4:10, 4:40, 5:10, 6:40, 7:10, 7:40, 8:10, 9:30, 10:10, 10:40
MADAGASCAR: ESCAPE 2 AFRICA (PG) 1:15, 2:30, 3:30, 4:50, 5:50, 7:15, 8:15, 9:35
MADAGASCAR: ESCAPE 2 AFRICA (PG) 2:00, 4:20, 6:45, 9:05
ROLE MODELS (R) 12:30, 3:00, 4:45, 5:30, 7:15, 8:00, 9:45, 10:35
SOUL MEN (R) 12:35, 2:45, 3:10, 5:15, 5:45, 7:50, 8:20, 10:30
THE HAUNTING OF MOLLY HARTLEY (PG13) 8:05, 10:25
ZACK AND MIRI (R) 2:30, 5:00, 7:30, 10:00
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 2:40, 5:20
SAW V (R) 1:00, 3:25, 5:55, 8:30
MAX PAYNE (PG13) 2:55, 5:25, 7:55
BODY OF LIES (R) 1:20, 4:25, 7:20, 10:10
EAGLE EYE (PG13) 4:50, 7:35, 10:20

AMC SELECT

HOUSE (R) 2:15
CHANGELING (R) 12:50, 4:00, 7:05, 10:15
THE SECRET LIFE OF BEES (PG13) 1:25, 4:25, 7:05, 9:50
W. (PG13) 1:55
RACHEL GETTING MARRIED (R) 1:45, 4:30, 7:25, 10:15

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
703-998-4AMC

IMAX MADAGASCAR: ESCAPE 2 AFRICA: THE IMAX EXPERIENCE (PG)
1:50, 4:30, 7:00, 9:25

DIGITAL PRESENTATION

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G)
2:05, 4:50, 7:25, 10:10

QUANTUM OF SOLACE (PG13) ✓ 1:45, 2:50, 4:45, 5:45, 7:30, 8:20, 10:15
QUANTUM OF SOLACE (PG13) 1:00, 3:45, 6:45, 9:20
MADAGASCAR: ESCAPE 2 AFRICA (PG) 12:45, 1:30, 3:00, 4:00, 5:30, 6:30, 8:05, 9:00, 10:25
ROLE MODELS (R) 12:50, 3:10, 7:05, 9:30
SOUL MEN (R) 2:10, 4:40, 7:10, 9:40
ZACK AND MIRI (R) 1:25, 3:50, 7:15, 9:50
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 1:40
SAW V (R) 2:45, 7:50
MAX PAYNE (PG13) 5:10, 10:05
EAGLE EYE (PG13) 7:20, 10:00

AMC SELECT

CHANGELING (R) 1:10, 6:35, 9:45
THE SECRET LIFE OF BEES (PG13) 1:15, 4:10, 7:45, 10:20

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

DIGITAL PRESENTATION

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G)
1:20, 4:05, 6:50, 10:20

QUANTUM OF SOLACE (PG13) 1:30, 2:00, 2:30, 4:15, 4:45, 5:15, 7:00, 7:30, 8:00, 9:45, 10:15, 10:30
MADAGASCAR: ESCAPE 2 AFRICA (PG) 1:05, 3:10, 5:40, 8:20, 10:35
ROLE MODELS (R) 2:50, 5:20, 8:00, 10:20
SOUL MEN (R) 1:50, 4:20, 7:10, 9:50
ZACK AND MIRI (R) 1:40, 4:25, 7:05, 9:35
BODY OF LIES (R) 2:25, 5:15, 8:30
NICK & NORAH'S INFINITE PLAYLIST (PG13) 2:10, 7:20

AMC SELECT

CHANGELING (R) 1:00, 4:10, 7:25, 10:50
CHANGELING (R) 1:00, 4:10, 7:25, 10:50
ROCKNROLLA (R) 4:30, 10:00
THE SECRET LIFE OF BEES (PG13) 1:10, 4:00, 7:40, 10:30
W. (PG13) 2:05, 5:10, 8:10
BURN AFTER READING (R) 2:15, 4:50, 7:45, 10:10

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

IMAX MADAGASCAR: ESCAPE 2 AFRICA: THE IMAX EXPERIENCE (PG)
1:50, 4:20, 6:50, 9:20

DIGITAL PRESENTATION

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G)
1:30, 4:15, 7:00, 9:45

QUANTUM OF SOLACE (PG13) ✓ 1:05, 1:40, 2:25, 3:10, 3:50, 4:25, 5:05, 5:55, 6:25, 7:10, 7:55, 8:45, 9:10, 9:55, 10:30
MADAGASCAR: ESCAPE 2 AFRICA (PG) 1:10, 3:40, 6:10, 8:40
MADAGASCAR: ESCAPE 2 AFRICA (PG) 2:30, 5:00, 7:30, 10:00
ROLE MODELS (R) 2:10, 4:45, 7:25, 10:05
SOUL MEN (R) 3:00, 5:30, 7:20, 8:00, 9:50, 10:30
THE HAUNTING OF MOLLY HARTLEY (PG13) 2:00, 4:35, 7:05, 9:35
ZACK AND MIRI (R) 2:05, 4:55, 7:45, 10:20
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 2:20, 5:10
SAW V (R) 2:50, 5:15, 7:35, 10:10
MAX PAYNE (PG13) 7:50, 10:15
BODY OF LIES (R) 4:10, 10:15
BEVERLY HILLS CHIHUAHUA (PG) 2:15, 4:50
EAGLE EYE (PG13) 1:20, 7:15

AMC SELECT

CHANGELING (R) 1:45, 5:00, 8:15
THE SECRET LIFE OF BEES (PG13) 1:15, 4:00, 6:45, 9:30

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

SOUL MEN (R) 3:10, 5:30, 8:00
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 4:20, 6:50
PRIDE AND GLORY (R) 4:00, 7:00
NIGHTS IN RODANTHE (PG13) 3:00, 5:20, 7:30

AMC SELECT

CHANGELING (R) 4:10, 7:20
THE SECRET LIFE OF BEES (PG13) 2:10, 4:40, 7:10
THE DUCHESS (PG13) 2:40, 5:05, 7:40
RACHEL GETTING MARRIED (R) 2:30, 5:10, 7:50

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

QUANTUM OF SOLACE (PG13) 12:10, 1:30, 2:40, 4:15, 5:15, 7:00, 8:00, 9:45
MADAGASCAR: ESCAPE 2 AFRICA (PG) 12:20, 1:35, 2:35, 4:05, 5:00, 6:30, 7:30, 9:00, 10:00
ROLE MODELS (R) 12:05, 2:25, 5:05, 7:35, 10:00
SOUL MEN (R) 12:15, 1:15, 2:40, 4:15, 5:10, 6:45, 7:45, 9:15, 10:15
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 1:10, 4:10, 7:10, 10:10
SAW V (R) 12:25, 2:55, 5:25, 7:40, 9:55
MAX PAYNE (PG13) 2:00, 7:15
EAGLE EYE (PG13) 1:20, 4:20, 7:05, 10:05
TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 4:30, 9:35

AMC SELECT

THE SECRET LIFE OF BEES (PG13) 1:25, 4:25, 7:20, 9:50

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AMC SELECT

WHAT JUST HAPPENED (R) 2:10, 5:00, 7:40
HAPPY-GO-LUCKY (R) 2:00, 4:40, 7:15
SYNECDOCHE, NEW YORK (R) 1:50, 4:30, 7:20
THE SECRET LIFE OF BEES (PG13) 2:20, 4:50, 7:30
THE DUCHESS (PG13) 1:45, 4:15, 7:05
RACHEL GETTING MARRIED (R) 1:40, 4:20, 7:00
RELIGULOUS (R) 2:30, 4:55, 7:45

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

QUANTUM OF SOLACE (PG13) 1:50, 4:40, 7:30, 10:30

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL PRESENTATION

MADAGASCAR: ESCAPE 2 AFRICA (PG) 12:35, 2:00, 3:00, 4:30, 5:30, 7:15, 7:45, 9:30, 10:15

QUANTUM OF SOLACE (PG13) ✓ 1:15, 2:15, 3:15, 4:10, 5:00, 6:05, 7:00, 8:00, 9:00, 9:55, 10:45
MADAGASCAR: ESCAPE 2 AFRICA (PG) 1:00, 3:45, 6:15, 8:30, 10:55
ROLE MODELS (R) 12:30, 2:50, 5:15, 7:50, 10:30
SOUL MEN (R) 1:30, 4:00, 7:05, 9:35
ZACK AND MIRI (R) 12:45, 3:15, 5:45, 8:15, 11:00
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 1:10, 4:05, 9:45
MAX PAYNE (PG13) 5:20, 7:40, 10:00
BODY OF LIES (R) 1:55, 4:55, 7:55, 10:50
BEVERLY HILLS CHIHUAHUA (PG) 12:40, 3:05
EAGLE EYE (PG13) 1:35, 4:40, 7:25, 10:20

AMC SELECT

CHANGELING (R) 1:05, 4:20, 7:30, 10:40
ROCKNROLLA (R) 4:45, 10:25
THE SECRET LIFE OF BEES (PG13) 12:35, 3:10, 5:40, 8:10, 10:50
W. (PG13) 1:45, 7:20

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

MADAGASCAR: ESCAPE 2 AFRICA (PG) 2:45, 5:30, 8:00
ROLE MODELS (R) 3:00, 5:20, 7:50
SOUL MEN (R) 2:20, 5:00, 7:30
ZACK AND MIRI (R) 2:00, 4:40
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 1:30, 4:15, 7:00
BODY OF LIES (R) 7:20

AMC SELECT

CHANGELING (R) 1:50, 4:55, 7:55
W. (PG13) 1:40, 4:30

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

DIGITAL PRESENTATION

EAGLE EYE (PG13) 2:05, 4:45, 7:40, 10:20

QUANTUM OF SOLACE (PG13) ✓ 1:00, 2:00, 2:30, 3:30, 4:30, 5:00, 6:00, 7:00, 7:30, 8:30, 9:30, 10:00, 11:00
QUANTUM OF SOLACE (PG13) ✓ 1:30, 4:00, 6:30, 9:05
MADAGASCAR: ESCAPE 2 AFRICA (PG) 1:05, 1:45, 2:25, 3:35, 4:15, 4:45, 5:45, 6:35, 7:35, 8:10, 9:00, 9:45, 10:30
ROLE MODELS (R) 1:35, 4:00, 6:20, 9:10
SOUL MEN (R) 1:50, 4:20, 7:05, 9:40
THE HAUNTING OF MOLLY HARTLEY (PG13) 4:20, 7:05, 9:40
ZACK AND MIRI (R) 2:10, 4:40, 7:25, 9:50
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 1:40, 4:25, 7:10, 9:45
MAX PAYNE (PG13) 5:25, 10:45
BODY OF LIES (R) 1:15, 4:10, 7:15, 10:10
BEVERLY HILLS CHIHUAHUA (PG) 1:50

AMC SELECT

CHANGELING (R) 1:15, 4:35, 7:45, 10:50
THE SECRET LIFE OF BEES (PG13) 1:10, 3:55, 6:55, 9:35
W. (PG13) 2:15, 7:50
RACHEL GETTING MARRIED (R) 1:20, 4:35, 7:20, 10:05

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

QUANTUM OF SOLACE (PG13) 2:00, 4:45, 7:30
MADAGASCAR: ESCAPE 2 AFRICA (PG) 2:10, 4:30, 7:00
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 2:15, 4:50, 7:35

AMC SELECT

CHANGELING (R) 2:30, 7:05
THE DUCHESS (PG13) 2:05, 4:40, 7:25

Times for Tuesday, November 18, 2008

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Web Design and Developer	Jan 24
MCITP: Enterprise Admin Windows Server 2008	Jan 26
CCNA Fast Track	Jan 26
Oracle 11g Database Administration	Jan 27
Microsoft Sharepoint 2007	Jan 31
Sun Certified Java Programmer	Feb 24

For complete outline and schedule, visit our website at http://ite.gmu.edu/techadvance
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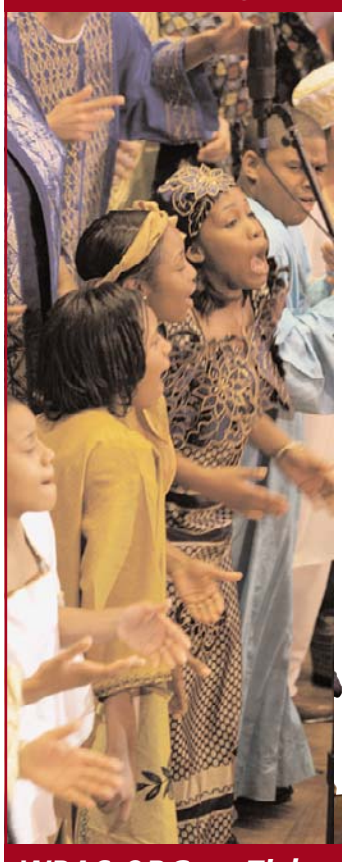
WPAS Washington Performing Arts Society

SUNDAY 4PM!



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Stanley J. Thurston, *artistic director*

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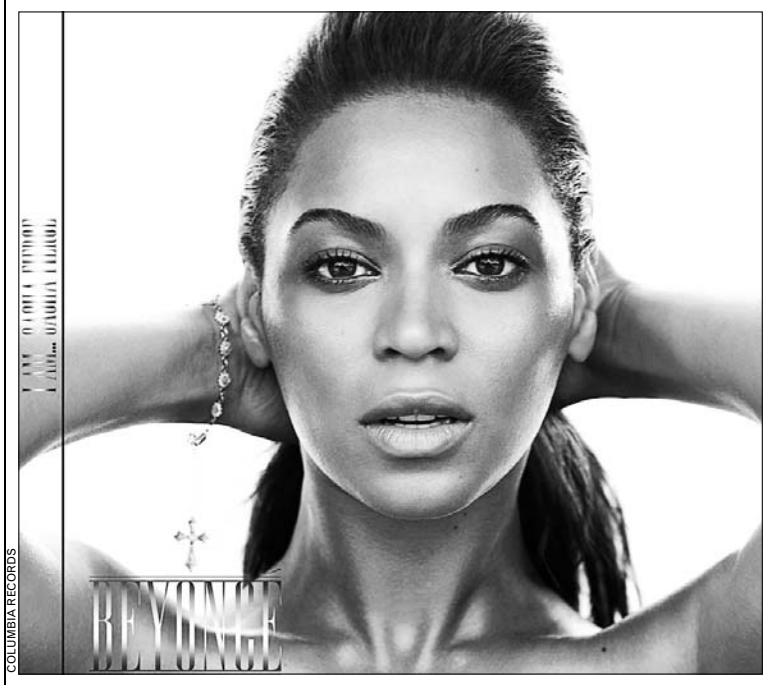
Entertainment



COLUMBIA RECORDS

TWO SHOULD BECOME ONE: Beyonce falters only when she separates herself from her party girl alter ego, Sasha Fierce — her power lies in being a diverse artist.

Every Girl Needs an Alter Ego

Beyonce develops another personality on 'I Am ... Sasha Fierce'

MUSIC | In the promotional material for her ambitious, somewhat befuddling double album, "I Am ... Sasha Fierce," Beyonce Knowles discusses her newly revealed alter ego. "She's the party girl," says the singer. "She is, but I'm not. She's my alter ego. I'm finally revealing who I am."

For Beyonce, to say that an identity she is not is "revealing who I am" is not a contradiction. As an artist, she is a role player first — a brainy, often showy interpreter instead of a gut singer on ballads and a brilliantly varied rhythmic innovator on her club hits. "I Am ... Sasha Fierce" shows her further refining both of those tendencies, and it's full of interesting choices. But her misplaced worries about authenticity cause Beyonce to make some unfortunate missteps that often afflict artists in mid-career.

Her first mistake, noted in other early reviews, was to separate Beyonce from Sasha and give each lady her own disc. Dispensing with the idea that the one sharing her name is any more genuine makes it clear that Beyonce has accepted standard thinking about what "real" is for a woman.

Might as well quote B herself to define the split she makes. "My heart used to be cold till your hands laid on my soul," she intones in "That's Why You're Beautiful," in which she compares herself to a diamond that finds its sparkle only when bought. This is the "real" Beyonce — romantic, interdependent, brought to life by love. Her modus operandi is the power ballad.

Then there's Sasha, whose manifesto is the Lil Wayne-inspired "Diva," anchored around the line, "Diva is the female version of a hustla." She is nobody's baby, and if she finds love in the club, she's not necessarily dirtying her apartment with it after closing hours.

As a vocalist, Beyonce seems more comfortable in Sasha's stilettos. Her performances on those cuts feel unforced and fun, as if she's thinking on her feet. Stretching for deep meaning on the Beyonce ballads, she risks sounding ponderous — communicating thoughtfulness weighs her down. Still, when she finds the right balance, as on the first single, "If I Were a Boy," she can be exquisite. ANN POWERS (LOS ANGELES TIMES)

'I'M NO CHRISTIAN SLATER': Despite reports, Brooke Shields says her NBC drama, "Lipstick Jungle," hasn't been scrapped. "They thought that because 'My Own Worst Enemy' has been shut down that the same thing had happened to us, and it's not true," she said Sunday.

Television

ON TV TONIGHT

THE GOOD BOOK IN REAL LIFE
Narrated by Liev Schreiber, **THE BIBLE'S BURIED SECRETS** on "NOVA" (8 p.m., PBS) follows an international team of archaeologists as they compare biblical texts with still-emerging evidence in the Holy Land.

PALM READING = MURDER
Patrick suspects that a "psychic" may be a killer on **THE MENTALIST** (9 p.m., CBS).

IT BOGGLES THE MIND
As if **THE UNIVERSE** (9 p.m., History) weren't big enough, scientists explore the possible existence of parallel worlds.

MEDICAL HISTORY
PREGNANT MAN (9 p.m., Discovery Health) looks at the family life of the subjects of a medical first.

MICHAEL VICK INSPIRES
Stabler investigates an animal-smuggling ring on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC), featuring a cameo by Big Boi of Outkast.

ALAN BENANOIUS POOL/AP

TRÉS JOLIE: Sarkozy's blushing bride, Carla Bruni, is on "Letterman" tonight.

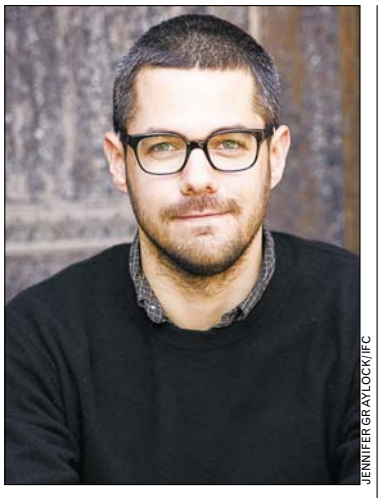
DIPLOMATIC VISIT
French first lady Carla Bruni Sarkozy, animal man Jack Hanna and musical guest Cold Hard Cash appear on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

The Secret Life of Media

Gideon Yago and IFC have the exclusive on the news business

HOT LEAD | The new six-part series "IFC Media Project" (8 p.m., IFC) promises to offer an "in-depth" look at the news business. Or at least as in-depth as you can get on a show covering four or five major topics in a half-hour.

The debut episode covers news fixations and taboos. Host Gideon Yago ponders why network and cable news shows devote so much time to select missing children — all of them white and photogenic. The segment offers an interview with a former actor who "manages" abduction stories and keeps them in the news. We also learn that during the time spent on one story, more than 100,000 other victims can go missing.



JENNIFER GRAYLOCK/IFC

Yago is a former MTV VJ, card-carrying hipster and host of the IFC series.

"Project" also tackles the touchy subject of the coverage of Israel and the Palestinians. A correspondent argues that American media provide a disproportionate exposure to Israeli hardliners and all but obscure the Palestinian side of the conflict. Ironically, if you want a more balanced and warts-and-all coverage of Israel, it's better to watch Israeli television.

A short segment explores the use of the word "allegedly," and Tucker Carlson (not wearing a bow tie) discusses the state of the pundit industry.

Finally, a segment shows how local news stations assign black journalists to cover "black" stories and hispanic reporters to cover "immigrant" stories and other acts of ethnic typecasting. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

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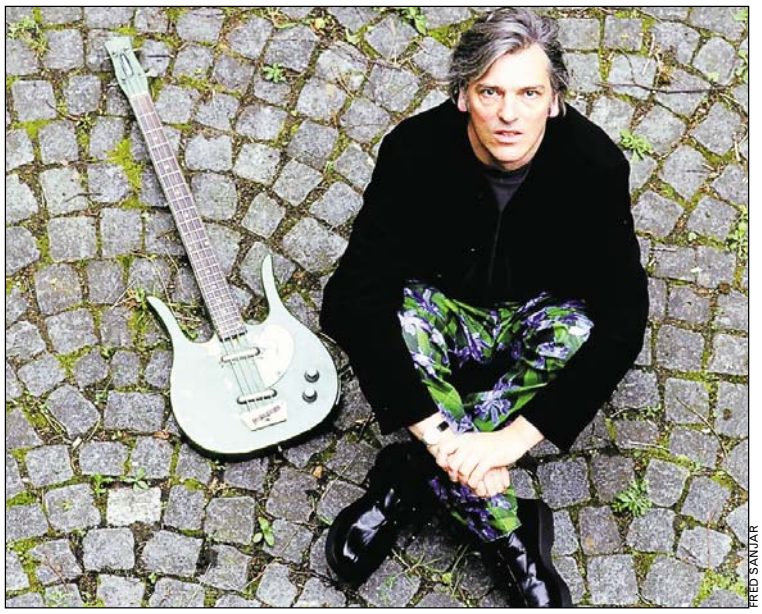
Laughter in the Dark

Robyn Hitchcock dulls the pain with humor on an acoustic album

FOR MORE of our conversation with Robyn Hitchcock, visit **Expressnightout.com**



FRED SANJAR

Disheartened with the industry, Hitchcock made a drumless, introspective record.

MUSIC | No one ever accused eccentric British singer-songwriter Robyn Hitchcock of being trendy. That goes, too, for his third solo album, the inward-looking, acoustic "I Often Dream of Trains," released in 1984, when the "big drum" sound dominated. Hitchcock, who came from a folk and neo-psychedelic background, chose to forego drums altogether.

But history sometimes vindicates independent thinkers, and the dreamy, introspective album has become a minor cult classic.

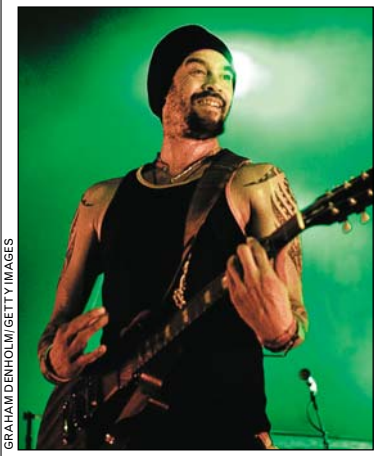
"I think of all the records that I've made … that's probably the one that is most of a piece," says Hitchcock. "It has its own atmosphere, really. I remember wanting to make a record that was nothing to do with what was happening."

His hatred of the '80s mega-productions reached a tipping point on his release before "Trains, "Groovy Decay," his slickly produced second solo effort. The album left him so disillusioned that he withdrew from both the music business and the world. But he did set up "a little four-track Fostex tape machine" and took "great delight in my spare time in making these little demos." The "Trains" album may not have been cut with the commercial market in mind, but it includes one of Hitchcock's most popular songs in "Uncorrected Personality Traits," which features a Hitchcock trademark: using humor to get across sad or disturbing ideas.

"Well, that's what humor is for … to balance you when you go around the dateline from finding things unbearable to finding them funny. The thing that always makes me cry at funerals is when people tell the jokes." TONY SCLAFANI

→ *Birchmere, 3701 Mt. Vernon Ave., Alexandria; Tue., 7:30 p.m., $25; 703-549-7500; Birchmere.com.*

thescene



GRAHAM DENHOLM/GETTY IMAGES

Michael Franti and his band, Spearhead, are at the 9:30 Club tomorrow.

WEDNESDAY

Michael Franti and Spearhead: Front man Franti is a poetic lyricist. 9:30 Club, 815 V St. NW; 7 p.m., $35; 202-265-0930. (U St.-Cardozo)

Box Scaggs: A '70s blues star is still singing those tunes. Blues Alley, 1073 Wisconsin Ave. NW; 8 & 10 p.m., $72.50; 202-337-4141.

Electric Six: Dance pop that never goes out of style. Black Cat, 1811 14th St. NW; 8 p.m., $15; 202-667-7960. (U St.-Cardozo)

THURSDAY

Soiree Carte Blanche: Art exhibitions, films and iPod battles are all found here. Phillips Collection, 1600 21st St. NW; 6 p.m., $13-$15; 202-234-7911. (Dupont Circle)

Rhonda Vincent and the Rage: Seven-time winner of the Bluegrass Music Association's best female vocalist award. Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., $29.50; 703-549-7500.

Wallace Roney: Trumpeter and student of Miles Davis. Blues Alley, 1073 Wisconsin Ave. NW; 8 & 10 p.m., $25; 202-337-4141.

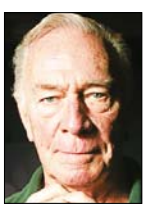
FRIDAY

Louis CK: The star of HBO's "Lucky Louie" does stand-up. Warner Theatre, 13th and E streets NW; 8 p.m., $30-$35; 202-397-7328. (Metro Center)

Frank Wess Quintet: A Count Basie band veteran. Kennedy Center, 2700 F St. NW; 7:30 & 9:30 p.m., $25; 202-467-4600. (Foggy Bottom)

Explore our searchable list of the area's events, venues, restaurants and movies at **expressnightout.com/thescene.**

topstops



2 Inside The Man

He sang in the scenic Austrian countryside with Julie Andrews and clashed with William Shatner on the starship Enterprise. With an acting career spanning five decades that includes those notable roles as Cpt. Baron Von Trapp in "The Sound of Music" and Klingon Gen. Chang in "Star Trek VI," Christopher Plummer has his fair share of stories to tell, which is why the 78-year-old actor wrote his autobiography, "In Spite of Myself: A Memoir." Catch Plummer at Politics & Prose tonight, where he will be speaking about his new book. THOMAS FLOYD

→ *Politics & Prose, 5015 Connecticut Ave., NW; 7 p.m., free; 202-364-1919. (Van Ness)*

JAMES MINCHIN III/FTWP

1 Still Feeling 'Vibrations'

Here's what you usually read about whenever the name "Brian Wilson" is mentioned in regards to an upcoming show. "Beach Boys" + "Pet Sounds" + "mental illness" + "cocaine" + "Smile" + "musical genius" + "comeback." Consider that done. But what do we always think whenever we hear of him? The theremin — the ghoulish sounding radio frequency instrument that's the piece de resistance of "Good Vibrations." K.C.

→ *Warner Theatre, 13th and E streets NW; 8 p.m., $57-87; 202-397-7328. (Metro Center)*

BETH HOMMEL

3 Forget Laura Palmer

"Who Killed Amanda Palmer" was supposed to be the Dresden Dolls singer's simple debut album. Yet it somehow morphed into a huge production with Ben Folds, complete with an accompanying art book, plenty of videos and an Internet mystery game. One of her new songs may be "Guitar Hero," but you'll most likely see her punk it out by pounding the piano in her true cabaret and goth form. And as to who killed her, check out Whokilledamandapalmer.com; fine color distinction skills and magnifying glass required. HANNAH KIM

→ *9:30 Club, 815 V St. NW; 6 p.m., $20; 202-265-0930. (U St.-Cardozo)*

Compiled by Express' Karmah Elmusa and Kris Coronado. Read more of their picks every day at **expressnightout.com/topstops.**

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NASCAR

IN THE PITS: Mass layoffs are expected throughout NASCAR this week, as team owners from all three national series adjust to the economic crisis. Some league officials guess as many as 1,000 will lose their jobs.

Sports

TONI L. SANDYS/TWP

The Dallas Cowboys tackle Clinton Portis Sunday night. The Washington Redskins have scored 16 points in the last two games.

Redskins Talking Points

Struggle to score raises questions about foes' learning Zorn's tricks

REDSKINS | The plays Washington coach Jim Zorn stews over late at night, when his head's on the pillow but his eyes remain wide open, are so apparent on film it makes him sick to his stomach.

Why, when rookie wide receiver Devin Thomas comes wide open for what Zorn said would be an "easy touchdown," does quarterback Jason Campbell not have time to see him? Why, when Campbell does have time to throw downfield, does wide receiver Santana Moss just barely miss a pass that would have the Redskins inside the Dallas 10-yard line?

Put all those toss-and-turn moments together, and the Redskins have scored 16 points in their past two games, both losses, and are averaging more points than just five other teams. Zorn's offense, 10 weeks into its installation in Washington, is now sputtering more often and it — not a defense that ranks fourth in the league in yards allowed — is the major cause for concern heading into a crucial portion of the season.

"I think we're kind of treading water," Zorn said. "We haven't just put the hurt on anybody, no question. Is it frustrating? Yeah. We haven't dominated."

Zorn's assessment came a day after a 14-10 loss to the Dallas Cowboys that further muddled the NFC playoff race. The Redskins, only a month ago the surprise of the difficult NFC East, are now tied with the Cowboys and Atlanta Falcons at 6-4 in a race for two wild-card spots.

Whether the Redskins are able to negotiate the final six games of the season and land in the playoffs for the second straight year will depend largely on whether Zorn's offense — a West Coast system based in a rhythmic, horizontal passing game — develops into what he envisions.

> "We haven't just put the hurt on anybody. ... Is it frustrating? Yeah."
>
> **JIM ZORN**, REDSKINS COACH

Washington's offense is averaging fewer points than the much-maligned Joe Gibbs-Al Saunders unit through the same time period last year. And it leads to questions about whether Zorn's offense has been deciphered by teams such as Pittsburgh and Dallas.

"Teams are going to try to figure you out," said fullback Mike Sellers, who scored Washington's only touchdown of the past two games. "

Zorn and most other players, however, disputed the notion Washington's struggles are the result of opponents' familiarity with the offense. "We're just not executing plays," tight end Chris Cooley said.

BARRY SVRLUGA (THE WASHINGTON POST)

TODAY'S TV LINEUP

WIZARDS (7 P.M. ON CSN) The Wizards look to avenge last Friday's thumping in a rematch with the Miami Heat.

MEN'S COLLEGE HOOPS (10 A.M., 2 P.M., 4 P.M., 6 P.M. AND 9 P.M. ON ESPN) Penn plays Drexel; Liberty at UNC Asheville; Centenary at Baylor; Syracuse faces Richmond in the CBE Classic; and Kentucky at North Carolina.

MORE MEN'S COLLEGE HOOPS (7:30 P.M.; 9:30 P.M. AND 11:30 P.M. ON ESPN2) The regional finals of the Preseason NIT.

NHL (7 P.M. ON VERSUS) The Minnesota Wild, first place in the Northwest Divison, visit the Pittsburgh Penguins.

Botched Call Costs Bettors a Payday

Mistake by referees in Steelers' win causes an uproar in Las Vegas

LAS VEGAS | The Pittsburgh Steelers walked off the field Sunday just happy they had won.

A lot of bettors in this gambling city were more concerned about how many points they ended up winning by.

Winners turned into losers and losers ended up winning when a game that should have ended up 17-10 or 18-10 instead went into the record books as the first 11-10 final in NFL history. Though the score made no difference in the win and loss column, it did in the wallets of a lot of bettors on the Las Vegas Strip.

A mistake by the officials on the final play of the game between the Steelers and San Diego Chargers didn't alter the outcome. But it did mean bettors who thought they had won money on the game actually lost, while those who thought they had lost ended up winning.

The Steelers were favored by four points, meaning the apparent touchdown scored by the Steelers' Troy Polamalu on the last play of the game made the difference between Pittsburgh covering the point spread or not. When the touchdown was disallowed, Pittsburgh bettors who thought they had won on a fluke on the last play were left holding worthless tickets.

John Avello, director of the race and sports book at the Wynn resort. said there might have been $10 million bet on the game statewide. (AP)

Swengali

COLLEGE FOOTBALL | BY MATT SWENSON

A Change We Can Believe In

BARACK OBAMA WAS elected president on a message of change, yet he may have tackled too difficult an issue during his "60 Minutes" interview Sunday.

The president-elect called for an eight-team playoff for college football. He's hardly the first to urge the powers that be to call an audible on the worst idea in sports: the BCS. He is the most powerful, though.

Nearly every year, a terrific, suspenseful college football season ends in a debacle unless two teams finish undefeated.

At least in that scenario we know the best squads in the land are playing. More often, though, a team — such as LSU last year — may win the BCS title game and look worthy of a national championship after playing an opponent (most often Ohio State) that had no business in the championship.

> A playoff makes sense, but the money involved in the current system makes it unlikely.

Take this season. Unbeaten Alabama and Texas Tech stand as the clear contenders for the top game. However, a loss for either at this point would cripple their chances. If both lose, there will be a glut of seemingly excellent one-loss teams, including perhaps Florida, USC, Oklahoma and Texas. How do you measure who's best if they all have the same record?

A playoff makes sense, but the money involved in the current system makes it unlikely. Obama is right to want change. Can he put enough pressure on to change the BCS?

Yes, he can — but he may want to fix the economy first.

@ | To reach Matt Swenson, e-mail matt.swenson@readexpress.com

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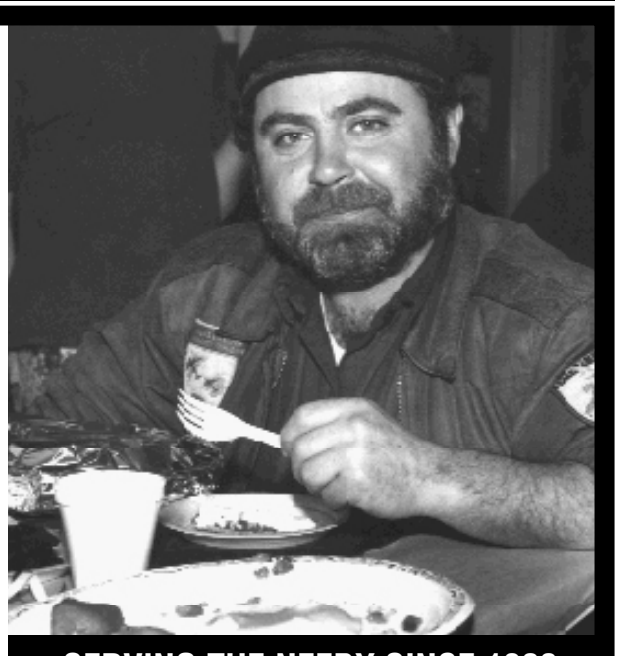

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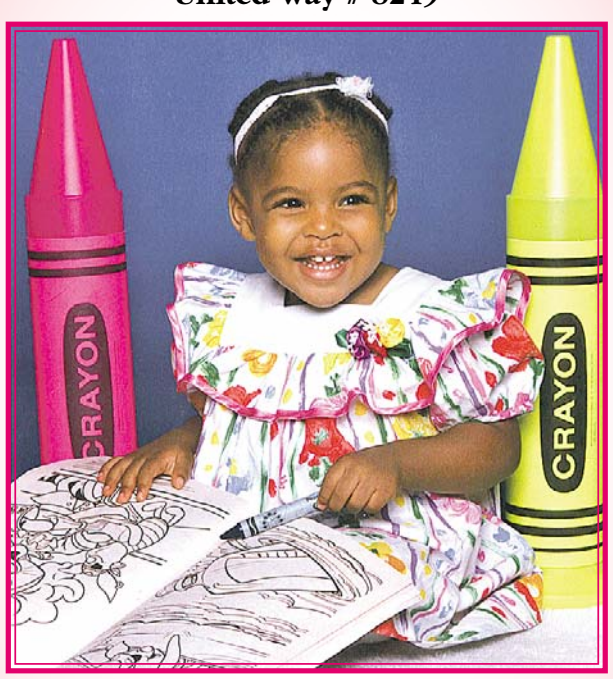

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Sports

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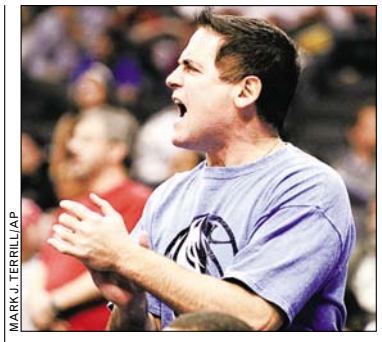


MARK J. TERRILL/AP

Mavericks owner Mark Cuban said he would contest the SEC allegations.

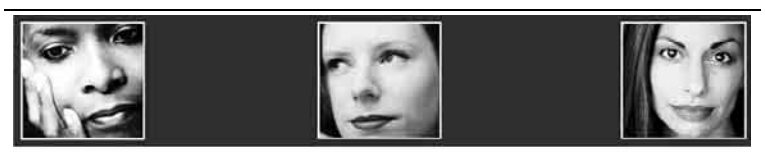
WASHINGTON | Federal regulators charged Dallas Mavericks owner Mark Cuban with insider trading for allegedly using confidential information on a stock sale to avoid more than $750,000 in losses.

Cuban disputed the allegations by the Securities and Exchange Commission and said he would contest them.

The SEC filed a civil lawsuit against Cuban on Monday in federal court in Dallas. The agency alleged that in June 2004, Cuban was invited to get in on the coming stock offering by Mamma.com Inc. after he agreed to keep the information private.

Cuban owned 6.3 percent of Mamma.com's stock at that time and was the largest known shareholder in the search engine company, according to the SEC. The agency said Cuban knew the shares would be sold below the current market price, and a few hours after receiving the information, he told his broker to sell all 600,000 shares before the public announcement of the offering.

By selling when he did, Cuban avoided losses exceeding $750,000, the SEC said in its lawsuit. (AP)



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NOT ENOUGH: Fox Sports says it has decided not to match ESPN's offer to air the Bowl Championship Series from 2011 to 2014. The network said BCS officials rejected their bid.

Backstrom Snaps Slump

2nd-year Caps center is back to stellar form after tackling injury

KARL B DEBLAKER/AP

Alex Ovechkin, left, and Nicklas Backstrom were honored by the NHL on Monday.

CAPITALS | Nicklas Backstrom can't pinpoint one specific reason for his slow start. But of this much the Washington Capitals center can be sure: He won't have to answer questions about his sophomore slump any longer.

Backis, as he is known in Sweden, is back after notching two goals and nine assists in the past four games, including what might be the setup pass of the season Saturday night in Newark. On Monday, he was named the NHL's first star of the week for helping the Capitals go 3-0-1 in those games. Teammate Alex Ovechkin was named a second star.

"It's good sometimes to score some points for your confidence," Backstrom said. "I [was] struggling a little bit at the beginning. I wasn't good."

Expectations entering the season were high after Backstrom's strong finish to his rookie season. He led the Capitals with four goals in the playoffs and was tops among all rookies with 55 assists in the regular season. But Backstrom sprained an ankle during an informal scrimmage Sept. 11 and missed the start of training camp.

Though he said the injury slowed him only slightly in the first few games, he needed several more games before he no longer feared re-injuring himself — a mental hurdle that he said was as big an impediment as the discomfort in his ankle.

"I was a little bit afraid [because] of my foot at the beginning," said Backstrom, who turns 21 Sunday. "But now I feel that I'm playing better, winning more battles on the boards, and I've been working harder. That's the key for my game — I have to work hard."

TARIK EL-BASHIR (THE WASHINGTON POST)

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Sports

16 **The age of** a Japanese schoolgirl who was drafted by the Kobe 9 Cruise, a professional baseball team. Eri Yoshida, a knuckleball pitcher, would be the first woman to play professionally in Japan.

Pujols Walks off With MVP

Cardinals slugger wins 2nd title after another strong offensive year

BASEBALL | St. Louis Cardinals slugger Albert Pujols won his second NL MVP award, powering past Philadelphia star Ryan Howard by a comfortable margin Monday.

Pujols hit .357 with 37 home runs and 116 RBI while playing with a sore right elbow. He was rewarded despite the Cardinals' fourth-place finish in the NL Central.

Los Angeles outfielder Manny Ramirez and Milwaukee pitcher C.C. Sabathia also drew strong support after being traded by AL teams in July.

Pujols received 18 of the 32 first-place votes in balloting by the Baseball Writers' Association of America and had 369 points total. The first baseman added to the MVP award he won in 2005.

Howard, who led the majors with 48 homers and 146 RBI for the World Series champion Phillies, drew 12 first-place votes and 308 points. Milwaukee outfielder Ryan Braun was third with 139 points, with Ramirez fourth at 138.

Pujols is the only big leaguer to hit at least 30 home runs in his first eight seasons in the majors and has finished in the Top 10 of the NL MVP voting each year. He led the league in slugging percentage and intentional walks this year. He drew 104 walks while striking out only 54 times, and was second in the NL with a .462 on-base percentage. BEN WALKER (AP)

BOB LEVEY/AP

Albert Pujols, who hit .398 in August, won his second MVP award after keeping the Cardinals in the pennant race almost single-handedly. He also won in 2005.

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Bladensburg - SFH, Totally remod. 4BR/2BA, mins from B.W. Prkway. **Call 240-463-8150 or 301-430-0816**

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EHO *must move in by Nov. 15

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- Beautiful Kitchens- Granite Countertops**
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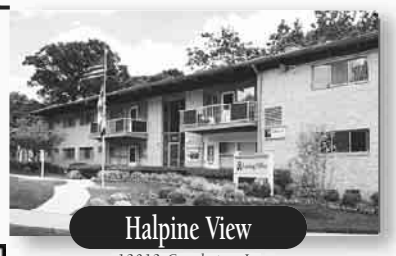

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2 br's from mid $1,200's
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2 br's + den from low $1,000's
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- **Metro bus stops here**
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Month and 1/2
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- Bus Stop at the Entrance of the Community
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- Petworth subway
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High End Finishes
Traditional oak floors, solid wood cabinets, granite countertops, natural stone tile bathrooms, solid wood doors, designer lighting, all of the high end finishes you expect.

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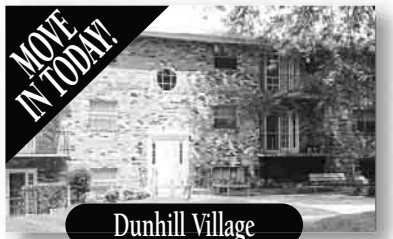

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3 br's from upper $1,400's

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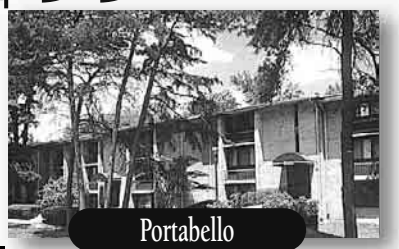

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SE EHO

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- **FREE HEAT**
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SE

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SE

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1 BR $745

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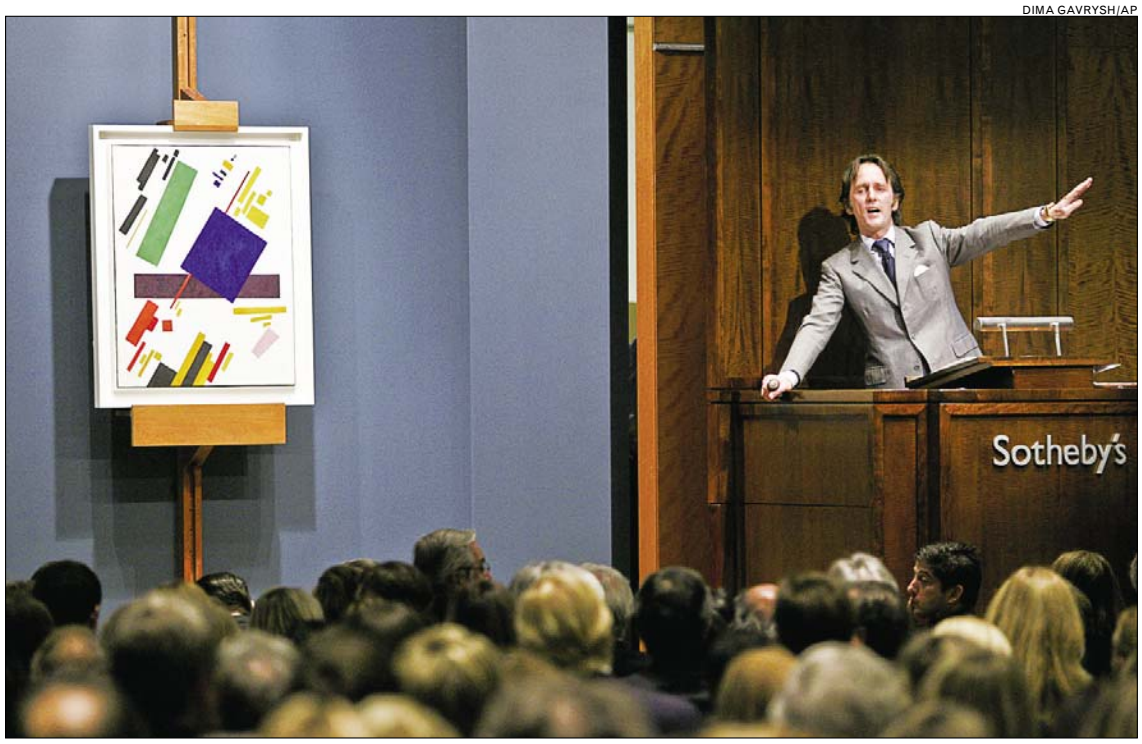

SOLD: Kazimir Malevich's 1916 "Suprematist Composition" was recently auctioned for $60 million at Sotheby's in New York.

Art of Healthy Sales

Business

Auction companies return to saner prices as demand plummets

The sagging demand for high-end art at the fall auctions could signal a return to saner prices in the fine-art market after the frenzied buying of the last few years.

That's the consensus of some art experts who say the lower prices and unsold works at Sotheby's and Christie's over the past two weeks may be a healthy development.

"The truth is that for serious collectors with vision and some cash, this is an opportune time to buy important works of art for more reasonable prices," said Jo Backer Laird, a former general counsel at Christie's, now with the law firm Patterson Belknap Webb & Tyler.

In contrast to previous years, when there has been standing room only, the auction houses had empty seats at their sales of impressionist, modern, postwar and contemporary art.

> "This is an opportune time to buy important works of art for more reasonable prices."
>
> **JO BACKER LAIRD**, FORMER CHRISTIE'S GENERAL COUNSEL

Many works failed to attract even a single buyer — among them, Francis Bacon's "Study for Self-Portrait," estimated at $40 million — or sold below their estimates.

Still, the picture wasn't totally bleak. Kazimir Malevich's "Suprematist Composition" sold for $60 million, setting a record for the artist and for any Russian artwork sold at auction.

And while prices were down 25 to 35 percent overall, according to art consultant David Nash, there were some very significant sales, including $20.8 million for Juan Gris' "Book, Pipe and Glasses" and $18 million for Pablo Picasso's "Two figures (Marie-Therese and her sister reading)."

The fall auctions serve as a barometer of the art market because they attract buyers from all over the world.

For the two-week period, Sotheby's reported taking in a total of $411.5 million, under its low estimate of $688.4 million, and selling 448 lots out of 866. Christie's reported a total of $374.5 million, below its $686.7 million low estimate. It sold 630 items out of 990.

To safeguard against risk, both houses lowered guarantees — an undisclosed price promised to sellers whether their work sells or not.

"In light of the financial turmoil, Sotheby's and Christie's did a very good job of persuading sellers to recognize the climate in the market and put on much lower reserves than they had agreed to," said Nash of the Mitchell-Innes & Nash gallery. The reserve is the lowest undisclosed price the consignor agrees to sell a work.

He called the sales "quite encouraging" and said they demonstrated "there's still quite an active market."

Megan Fox Kelly, who runs a Madison Avenue art advisory firm, said the auction results marked a correction in price levels and collectors' expectations rather than a "dramatic or disastrous downturn."

CHRISTIE'S/AP

Edouard Manet's 1880 "Fillette sur un Banc" was auctioned by Christie's on Nov. 5.

"When a very sophisticated Yves Klein sells for $21 million and a beautiful John Currin draws excited bidding that pushed it past its high estimate, we see a level of strength in the market and a level of discernment and connoisseurship among collectors," she said.

Prices have risen sharply for contemporary art over the past two years, with Bacon's "Triptych, 1976" selling for $86.2 million to Russian billionaire Roman Abramovich in May and a group of works by Damien Hirst fetching almost $200 million at a London auction in September.

According to Nash, that frenzied buying has kept away a number of serious collectors such as financier Eli Broad and Gap clothing founder Don Fisher, who have jumped back in and were seen at the recent auctions.

"I'm very impressed with the way the market has stabilized," Nash said. "It's at a lower level but it's a real market." ULA ILNYTZKY (AP)

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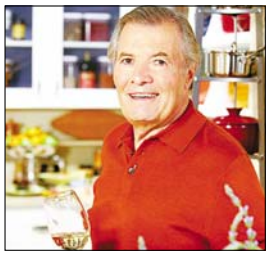
MUSIC

Review Blowout!

We're loaded with prose about new CDs. Check out our takes on David Cook's post-"Idol" debut, Isobel Campbell and Mark Lanegan's "Sunday at Devil Dirt," Dido's "Safe Trip Home," Eagles of Death Metal's "Heart On," Nickelback's "Dark Horse" and Beyonce's "I Am ... Sasha Fierce." | ONLINE NOW



TELEVISION

French Fast Food

Jacques Pépin grew up in France, living through a world war and cooking at top restaurants. He's also counted Julia Child as a friend and written 26 cookbooks. Stefanie Gans spoke to the 73-year-old about his new PBS show, "More Fast Food My Way," and a companion book. | COMING UP

SOUND BETS

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As a rural Michigan-raised kid, Christopher Porter felt it a civic duty to see AC/DC in 1988. His job brought him to see AC/DC at Verizon Center on Saturday, but his feelings for the band remain the same — much like the group's songs. | ONLINE NOW

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

DO YOU THINK BARACK OBAMA SHOULD PICK HILLARY CLINTON TO BE SECRETARY OF STATE?

YES 51% | **NO** 49%

"Absolutely! Who better to deal with the bad boys of global politics than the wife of Bill Clinton?! Seriously, one icy stare from 'Madame Secretary' and [world leaders] will be crying for Mommy!"

COMMENTER DIOGENES, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "DO YOU THINK BARACK OBAMA SHOULD PICK HILLARY CLINTON TO BE SECRETARY OF STATE?"

"I'm no fan of the Clintons, but at least Hillary is more hawkish and aware of the dangers in this world than some of the other contenders."

COMMENTER BEAMMEUP, WHO ADDED, "WE DON'T NEED A PEACENIK, LIKE JOHN KERRY, WHO BLAMES THE UNITED STATES FOR ALL THE WORLD'S PROBLEMS."

"We don't need another globe-trotting Clinton on our payroll. Why not put her in Health and Human Services, her so-called area of expertise?"

COMMENTER ANOTHER PERSON, WHO ADDED, "OBAMA SHOULD NOT REWARD HER WITH AN AIRPLANE AND A HIGH-PROFILE JOB."

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Blog LOG

"Until someone addresses the root problem — the imperial central administration — DCPS will not improve."

COUNTERSIGNATURE.BLOGSPOT.COM HAS SOME HARSH WORDS FOR D.C. MAYOR ADRIAN FENTY AND SCHOOLS CHANCELLOR MICHELLE RHEE, ADDING, "THESE TWO MUST BE STOPPED."

STREETER LECKA/GETTY IMAGES

"When the president-elect is asked to weigh in on the matter ... I think it's time we put an end to the college football playoff debate."

DEADSPIN.COM HAS A FOOLPROOF METHOD FOR CREATING AN EIGHT-TEAM COLLEGE FOOTBALL PLAYOFF SYSTEM, WHICH ALLOWS ONLY CONFERENCE CHAMPIONS TO PLAY FOR THE TITLE.

"The U.S. government shouldn't be bailing out GM, Chrysler or Ford. The bailout should come from the people who need these companies to succeed more than anybody else."

DCHERO.WORDPRESS.COM THINKS THE MEMBER NATIONS OF OPEC SHOULD BE CONTRIBUTING TO SAVING THE THREE MAJOR U.S. AUTO COMPANIES.

"THAT'S GREAT AND ALL, but why aren't there other places to add money to your card? Why can't I do this online or just have it refill automatically (like EZ Pass)? I hate standing in line to put additional money on my card?"

LIVINGINTHEDISTRICT.COM IS HAPPY THAT METRO IS CONSIDERING SELLING SMARTRIP CARDS AT CVS STORES BUT STILL WANTS MORE OPTIONS AVAILABLE FOR RELOADING FARE CARDS.

Discussions

Not Going Broke

STUART VYSE, author of "Going Broke: Why Americans Can't Hold on to Their Money," was online Monday to talk about the irrational behavior that leads people into debt and bankruptcy.

Is faceless credit to blame for the American spending agenda? In today's society, credit is given out over the Internet, and we are far removed from dealing with our local banker, who can truly understand and see one's financial situation.

I believe this is a very important part of the problem. We borrow from faceless corporations. In the past, people borrowed by running a tab at a local store, but they knew they had to face the grocer again if they wanted to eat. The social bonds of face-to-face lending and borrowing have been destroyed. This is also quite obviously true in mortgage lending. We don't borrow from the local savings and loan. There is no social obligation anymore.

Is our current economic malaise enough to end our wicked ways of conspicuous consumption? Do you foresee that Americans will embrace pay-as-you-go only until our economy recovers?

I think that the current problem will reign some of us in. Nothing like an economic downturn to get you to reconsider the wisdom of buying on credit. When you buy something on a loan, you are banking on the future's working out favorably, and just about now the future is considerably shakier. Unfortunately, swiping to spend is just too much of a habit for it to go away entirely. This genie will not go back in the bottle very easily. We need a concerted effort to promote buying with cash and saving.

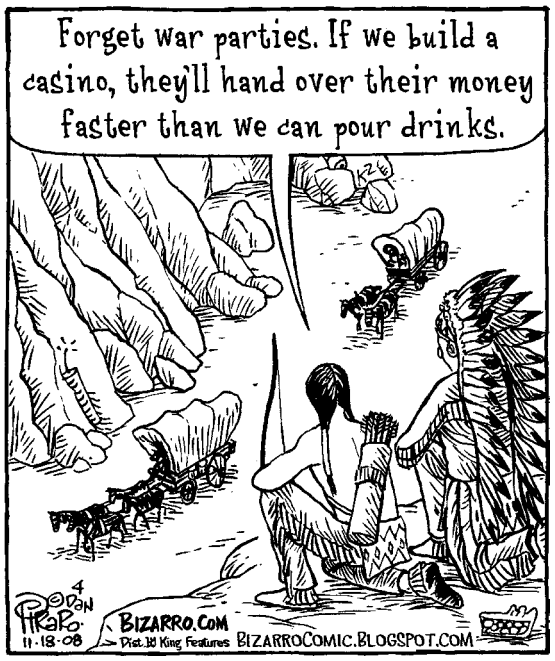
In getting out of credit card debt, should I concentrate first on paying down the higher-dollar-value cards or the higher-interest-rate cards?

Consolidate all your cards into one relatively low-interest bank card. Cut up all the rest. It is much easier to track your total indebtedness if it is in just one place. Then begin to work it down. Of course, you need to avoid spending opportunities as much as possible.

TODAY ON DISCUSSIONS: Author Malcolm Gladwell discusses the surprising conclusions from his new book, "Outliers: The Story of Success," at 3 p.m. | **washingtonpost.com/discussions.**

Look out

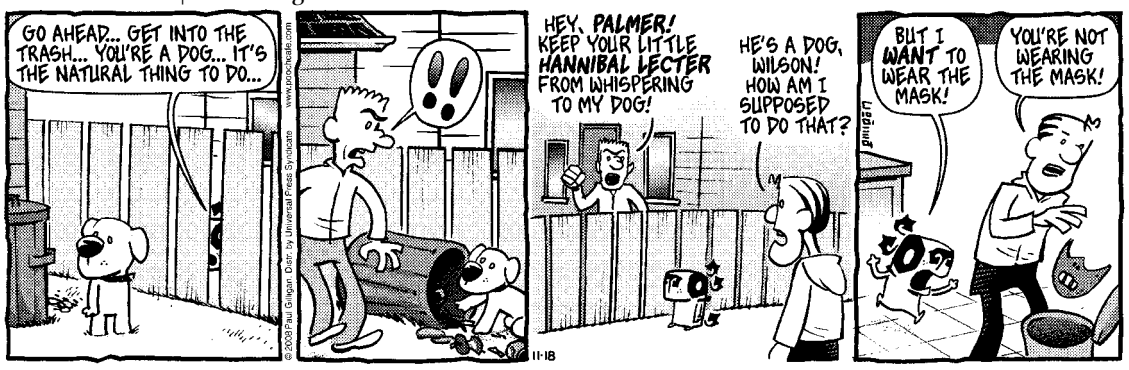
Bizarro | *Dan Piraro*



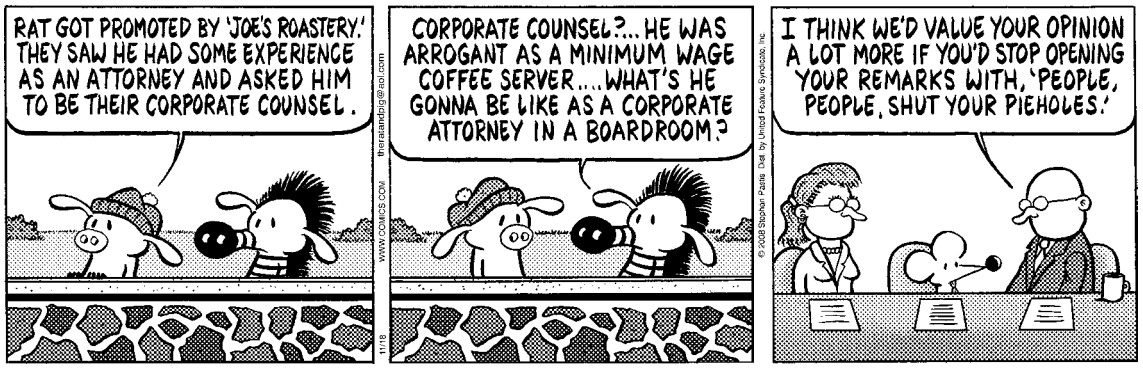
Cornered | *Mike Baldwin*

"Gosh, geez, I dunno."

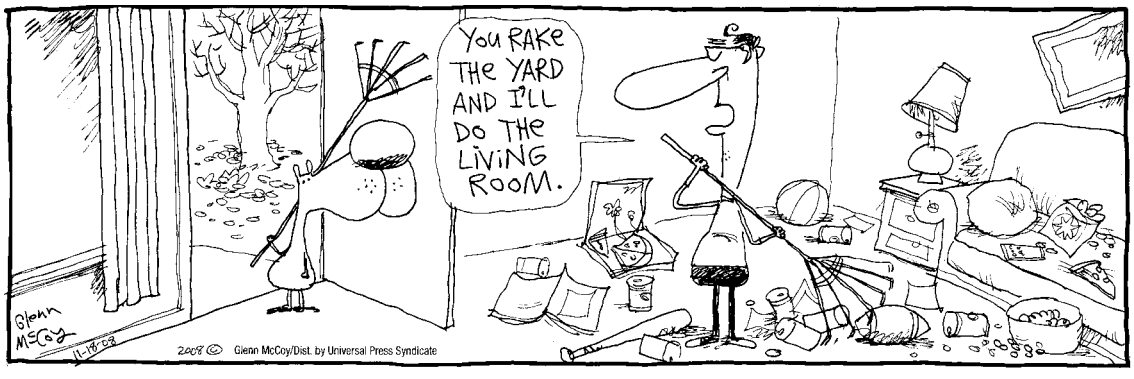
Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*



Horoscope

By Stella Wilder

SCORPIO (Oct. 23-Nov. 21) You may be pressed for time, and working closely with another you can make the most of each and every opportunity.

SAGITTARIUS (Nov. 22-Dec. 21) You may uncover a secret that a loved one has been trying to keep from you. You'll suddenly find yourself in a controlling position.

CAPRICORN (Dec. 22-Jan. 19) You're falling into a personal phase marked by self-interest and driving ambition. Others may call you selfish now, and there's something to it.

AQUARIUS (Jan. 20-Feb. 18) Your schedule may be changing at this time as a result of more duties and greater authority on the job. You must be flexible at home, too.

PISCES (Feb. 19-March 20) Keep things casual and low-key, at least as they are starting out. Later on, with planning and preparation, you can raise the stakes.

ARIES (March 21-April 19) Others are likely to gravitate toward you, not simply because you have proven the voice of a popular viewpoint.

TAURUS (April 20-May 20) Though you're well-known for being fair and lighthearted, you may fall into a funk as a result of an opportunity that passed you by.

GEMINI (May 21-June 20) You're after something or someone more steady and dependable — but you have to prove yourself worthy of it at this time. Don't be flighty.

CANCER (June 21-July 22) You're going to have to make amends if you expect to start over with a friend or loved one. Make sure that you don't miss your chance.

LEO (July 23-Aug. 22) A trip down memory lane is likely to yield at least one major surprise that could, in the end, bring you face to face with yourself.

VIRGO (Aug. 23-Sept. 22) Take care that the words between you and a rival don't get heated at this time. You can't afford to threaten what is a valuable relationship.

LIBRA (Sept. 23-Oct. 22) You can contribute something important throughout the day, and it's not likely that anyone will try to stand in your way at this time.

Letters

Oil Prices Influenced Spiral

EVEN COUNTRIES THAT didn't get involved in subprime mortgages are experiencing stock market meltdowns and recessionary effects. Has it dawned on folks that the tripling of oil prices in a little more than a year played a significant role in triggering the recessionary spiral the world economy is beginning to experience, and that this recessionary spiral is a necessary, inherent, self-corrective to force oil back down to what folks can afford by reducing their demand for it?

—DINO DRUDI
Washington, D.C.

Correction:

An item in Monday's Blog Log referred to Gregory Craig — who was named President-elect Barack Obama's White House counsel — and Ronald Klain — who was named Vice President-elect Joe Biden's chief of staff — as members of Obama's Cabinet. These actually are not Cabinet positions.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1928 Walt Disney's first sound-synchronized animated cartoon, "Steamboat Willie," starring Mickey Mouse, premieres in New York.

1966 U.S. Roman Catholic bishops do away with the rule against eating meat on Fridays outside of Lent.

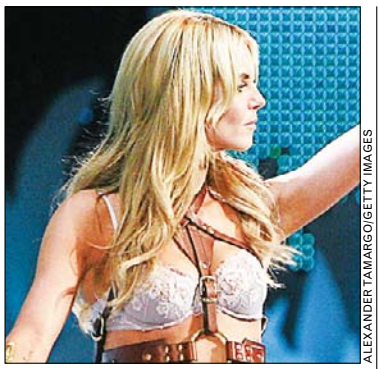
1999 Twelve people are killed when a 59-foot-tall stack of logs under construction for a bonfire at Texas A&M University collapses.

AP

Workers try to rescue collapse victims.

PostPoints DAILY CODE BB

Look out | People



ALEXANDER TAMARGO/GETTY IMAGES

"It lifts up and 'auf,'" assured Klum.

INTIMATES

Klum Loves Fit of Leather Bra With 19 Straps, Holster

Models including **HEIDI KLUM** and Adriana Lima strutted down the Victoria's Secret runway at the newly renovated Fontainebleau Miami Beach Saturday, which coincided with the opulent reopening of the hotel. (AP)

ARRAIGNED

Character Witness T.J. Hooker Fails to Impress

Prosecutors in Santa Barbara have charged Heather Locklear with misdemeanor driving under the influence, citing prescription drugs. Locklear is scheduled for arraignment on Jan. 26. (AP)

AP PHOTO/PINELLAS COUNTY FILE

ARRESTED

Back in Public's Eye

A former NFL cheerleader and winner of "The Bachelor" is out of jail after being arrested in a Southwest border town bar for unruly behavior. **MARY DELGADO**, 41, who accepted a televised proposal from professional bass fisherman Byron Velvick on 2004's "The Bachelor," was arrested in Del Rio after refusing to leave a local bar. She was charged with disorderly conduct and released. (AP)

DISPELLED

Disney Star Is Still Alive And Annoying

What's with the hairdo, Hannah, er, Miley?

No need to grieve, tweens: **MILEY CYRUS** is not dead. The "Hannah Montana" star, who is alive and well, was the victim of an Internet hoax over the weekend when someone hacked into her YouTube account and posted a video alleging she'd been killed by a drunken driver. The video, which has been taken down, had a fake message from Cyrus' pal Mandy Jiroux, who swiftly denied the rumor in a posting on her official MySpace page. Wrote Jiroux: "MILEY IS OK!!" (AP)

AMERICANA

New Jersey to Review Manditory Retirement Age

BRUCE SPRINGSTEEN returns with a new album in January, 15 months after "Magic." That's unusually quick for an artist with a reputation as a perfectionist. The album is called "Working on a Dream." He's made 14 tracks with the E Street Band, and they'll be available on Jan. 27. Springsteen said he was excited by the return to pop production on his previous album with his band. (AP)

SPLITSVILLE

Sal Masekela Suddenly Very Busy on Weekends, Holidays

DEBBIE MATENOPOULOS, host of E!'s Daily 10, has separated from her husband of five years, music exec Jay Faires, who filed for divorce, citing irreconcilable differences. In a message to fans, Matenopoloulos said, "I am deeply saddened." (EXPRESS)

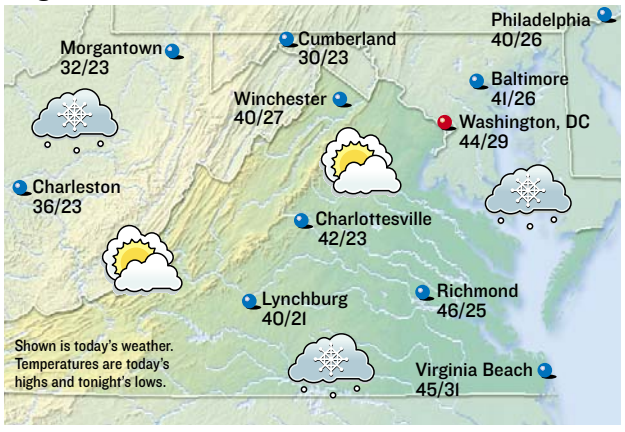
JESSE GRANT/GETTY IMAGES

The E! co-host ponders her options.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Cloudy to partly sunny	Mostly clear	Sunny to partly cloudy	Partly sunny	Mostly sunny	Partly sunny
44°	29°	43° / 32°	48° / 34°	46° / 31°	42° / 35°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	47°
Low	35°
Normal high	57°
Normal low	40°
Average humidity	50%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	1.61"
Normal month to date	1.73"
Year to date	42.70"
Last year to date	29.54"
Normal year to date	35.11"

For up-to-the-minute weather, see: **washingtonpost.com/weather**

Regional Forecast

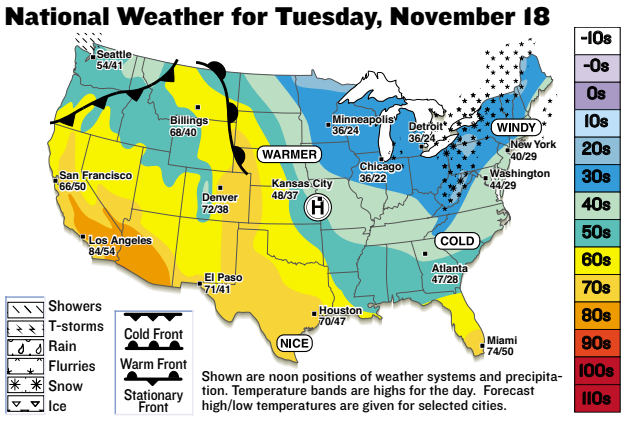
D.C. Metro: Today, cloudy this morning, a snow shower in spots, partly sunny later. High 44. Wind north-northwest 12-25 mph. Tonight, clear.

Sun and Moon

Sunrise today	6:54 a.m.
Sunset tonight	4:52 p.m.
Moonrise today	10:45 p.m.
Moonset today	12:10 p.m.

Last	New	First	Full
Nov 19	Nov 27	Dec 5	Dec 12

National Weather for Tuesday, November 18



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	47/28/s	54/36/s
Boston	40/30/c	42/26/s
Chicago	36/22/pc	41/30/c
Dallas	62/47/s	75/55/s
Denver	72/38/s	60/30/s
Honolulu	82/69/sh	83/68/sh
Los Angeles	84/54/s	74/54/s
Miami	74/50/s	71/55/pc
New York City	40/29/pc	39/32/s
Orlando	65/40/s	62/38/s
Seattle	54/41/pc	52/44/r

World Cities

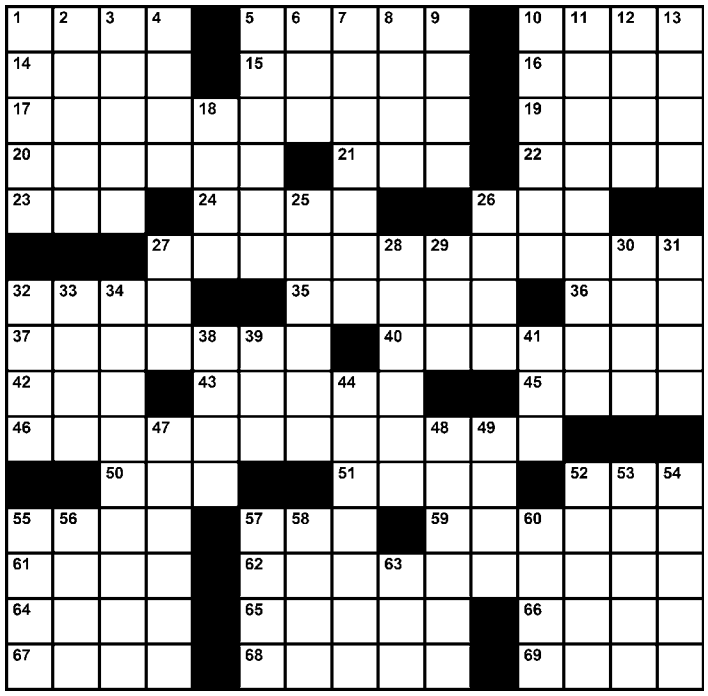
City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	47/41/sh	52/43/c
Athens	61/50/r	61/52/c
Berlin	39/34/r	41/34/pc
Buenos Aires	77/63/pc	77/63/c
Calgary	50/31/pc	40/19/sf
Dublin	52/43/pc	54/46/pc
Geneva	44/38/sh	42/35/c
Moscow	36/28/pc	34/28/pc
Rome	57/43/s	59/39/s
Sydney	73/61/sh	68/63/r
Tokyo	64/50/pc	59/46/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Look out

CROSSWORD | MR. PRESIDENT

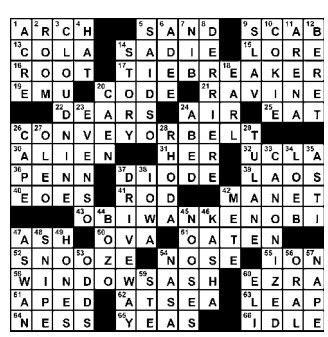
EDITED BY TIMOTHY E. PARKER



ACROSS
1 Puddies, to Tweety
5 Doppelganger
10 Touches with a live wire
14 Stairstep measure
15 Antisocial type
16 Opponent of Jimmy and Arthur
17 Prominent male feature
19 Insanity, at times
20 Class day division
21 Brewery specialty, perhaps
22 Wd. components
23 Puncture sound
24 Kind of mother or child
26 Homer's lament
27 Certain home cleaning tool
32 Thalia's sister
35 Walking tall
36 Kingston Trio hit
37 Memorial flip side
40 Tractor hitch
42 CPR pro
43 Like life on the street
45 "Off the Court" autobiographer
46 Big ride since 1991
50 Hugs but not kisses
51 Latin catchall (Abbr.)
52 Negative prefix
55 Avoid unconditionally
57 "The Piano" heroine
59 Cry of disappointment
61 Bass line provider
62 Some small craft operators
64 Long-distance call?
65 Clay brick structure
66 Villain with a base on Crab Key
67 Appraised
68 Hispanic title
69 The United States has a great one

DOWN
1 Mouse catchers
2 Seconds
3 "The ___ Bride" (Rimsky- Korsakov opera)
4 Vehicle seen at a roadside diner
5 "With pleasure"
6 Twist event
7 Theoretically
8 Cut one's losses, in a way
9 Support for some houses
10 Freezer bag brand
11 Accident-prone
12 Wharf
13 Waters numbering seven
18 Neither great nor awful
25 Bring into balance
26 It's sometimes mined
27 Ad ___ committee
28 Wanted by many
29 Certain old TV accessory
30 1941 Pearl Harbor ship
31 Stable occupant
32 It's usually first on the staff
33 Wheels of fortune?
34 Between a rock and a hard place
38 Three-tiered treat
39 Brine-cured salmon
41 Mars' thing
44 Joe the Bartender player
47 Date for Daisy
48 50 Cent, e.g.
49 Grades 1-12, for short
52 MTM word
53 MetLife competitor
54 Disinfectant brand
55 Ocular irritation
56 Relative of 47-Down
57 Arab garments
58 Surfer's sobriquet
60 Automobile pioneer R.E.
63 "Deadwood" network

Yesterday's Solution



SUDOKU | MEDIUM

© PUZZLES BY PAPPOCOM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

	8		4	3			7	
1								5
		6			5	9		
		8		7				6
6			9		2			3
3				8		2		
		9	5			1		
2								8
	4			2	8		5	

Yesterday's Solution

7	1	2	5	8	3	4	9	6
4	9	3	6	1	7	2	5	8
5	6	8	9	2	4	7	1	3
3	5	6	1	4	9	8	7	2
9	7	4	2	5	8	6	3	1
2	8	1	7	3	6	5	4	9
6	2	7	3	9	5	1	8	4
8	3	5	4	6	1	9	2	7
1	4	9	8	7	2	3	6	5

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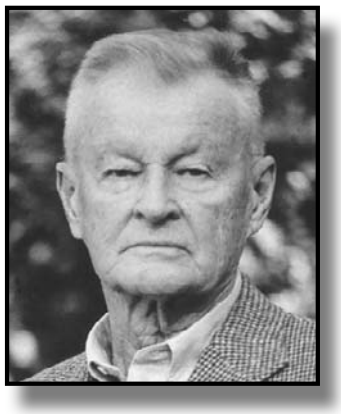
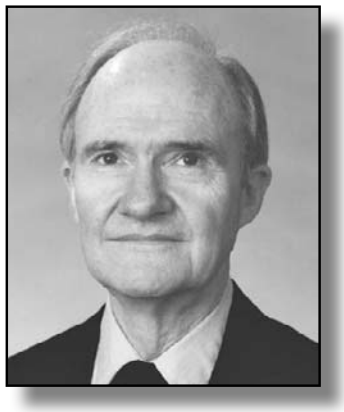
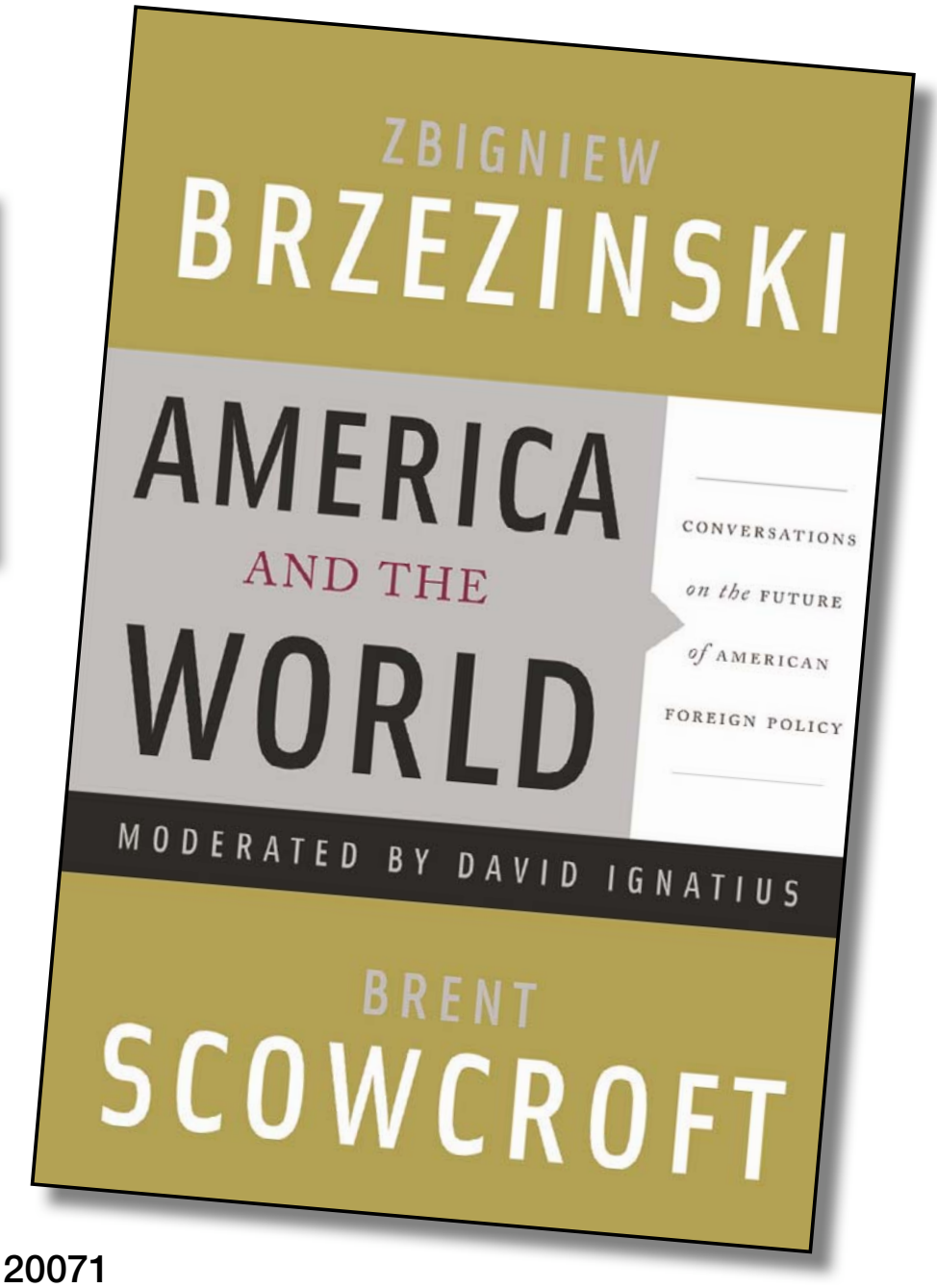


Zbigniew Brzezinski



Brent Scrowcroft



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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

When Mom Feels Like No. 2

Q My 3-year-old girl means the world to me. Being a mom is better than I could have expected, and I love her with all my heart. The problem is that she has always preferred her father to me. I know these things shouldn't mean anything, but I find myself getting jealous of my partner because of it. It is not that he is not a good father, but he gets to have her admiration in a way that I never get to. And yet I feel like in the day-in and day-out, I do all of the grunt work. —SAD IN VA.

ERIC REECE

Yes, kids often take the parent who seems to be "there" more for granted. But when I hear "always" and "never" — blame it on the contrarian in me — I usually beg to differ. Could it be that her affections, in reality, fluctuate more than you realize? (Most 3-year-olds — and I happen to know one very well — are not exactly best friends with consistency.)

Either way, it's clear that stress seems to be taking its toll. And though it's a sweet sentiment that you love your daughter with "all your heart" and she "means the world" to you, sometimes such absolution can make the daily ups and downs of life with a preschooler feel unbearable. You also have to communicate with your partner to try to establish a better balance about housework and child responsibilities. And be more assertive about carving out "me" time, establishing stress relievers and coping strategies that can help you get some breathing room and individual satisfaction.

Finally, be honest with your partner about feeling slighted, not to accuse him of being a teacher's pet, but to give him a heads-up (and perhaps to convince him to throw a We Love Mommy party).

Bringing Job Stresses Home

Q My stepdad is in danger of losing his job. He is starting to get very paranoid and even yells at me for the smallest things. He works in a high-profile environment and is driving my mom and me nuts! How can we solve this? — HELP!

No matter what, and most certainly if you're younger, you have to have an honest talk with your mom about how this is affecting you.

Granted, she is under stress, too, but it's her job as a parent (along with figuring out her stance on crustless sandwiches) to make sure you don't bear an unfair burden. As too many families are finding out, unemployment — or the threat thereof — has a ripple effect and hurts people in many more ways than just their checkbook.

Your dad could use a medical exam to make sure his behavior doesn't have a physical basis, and with your mom's help, his tension — and how much harm it's doing — should be addressed. In the meantime, for you, coping techniques such as journaling, listening to music, reading and laughing with friends can help you get some psychological space.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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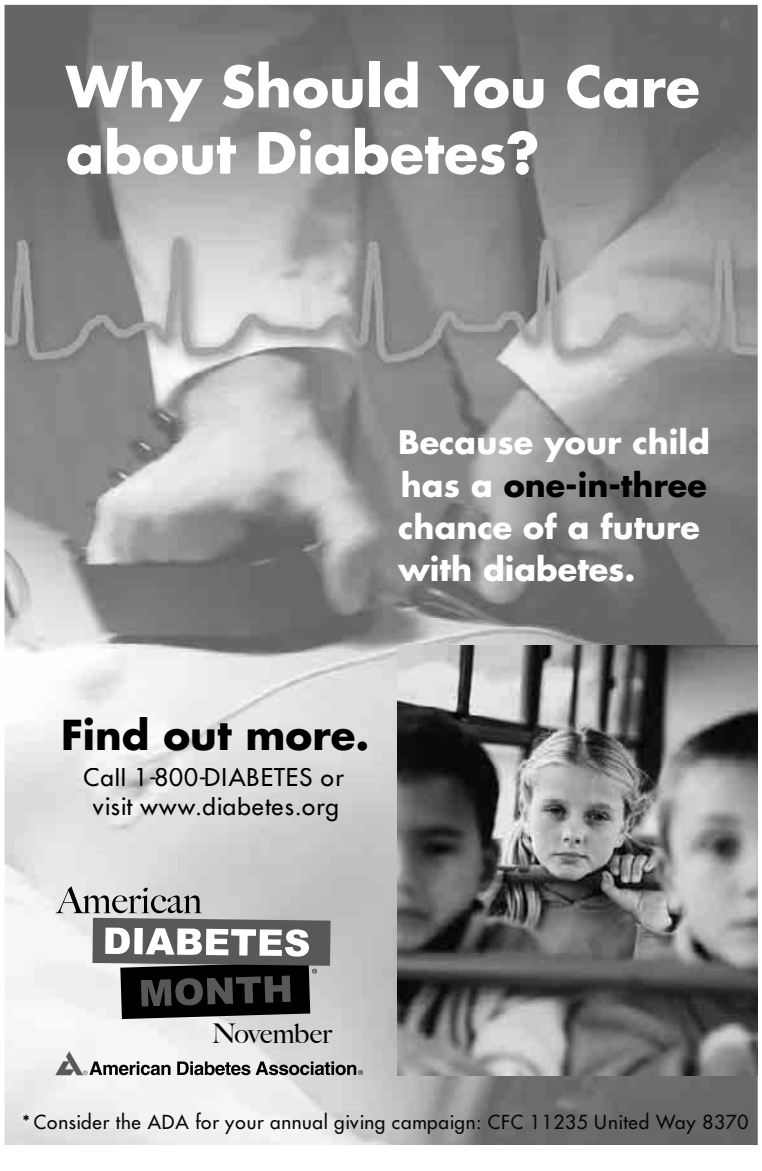

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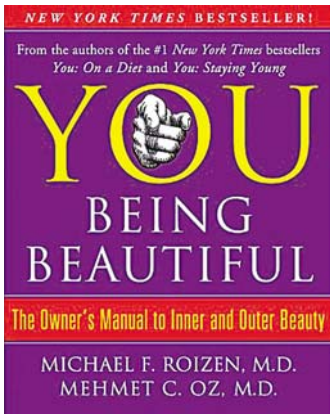

IN HEALTH
warm ups

PRETTY SMARTS

Docs Michael F. Roizen and Mehmet C. Oz link the internal with the external in "You Being Beautiful" ($26.99, Borders). Pimples, for example, are encouraged by dirt and stress, so they address how best to wash your face and manage your money. It may be a stretch for some, but this holistic how-to looks good to us.

COLOR SPLASH

How is a clear liquid a color? We're not sure, but each bottle from Color Aromas ($18, Consciouscolors.com) promises a different result based on hue. Turquoise (a blend of peppermint, rosemary and juniperberry), for example, offers purification — and a fine-smelling office.

BETTER BUZZ

You're probably more focused on your all-nighter than on the working conditions of the folks who manufactured that caffeinated product you're consuming. But Adina Natural Highs ($1.99, Whole Foods) will get you equally hopped up with Fair Trade organic energy drinks.

PALM PILOT

Yoga and Pilates can require some wristy business, but balancing all of your weight on your hands isn't so comfy. That is, unless you have WAGs ($70, Wristassuredgloves.com), which come with strain-relieving padded wedges. Also, they're non-slip for when you get sweaty.

GUINEA PIG

Surf in the City

■ Change is a-comin' to Washington, but, sadly, there's still a dearth of surfing opportunities here. So, say aloha to land paddling. Kahuna Creations, maker of surfboards and snowboards, developed this longboard ($139 to $299, Kahunacreations.com) on wheels with a 5- or 6-foot-long bamboo or carbon fiber "big stick" (starting at $89). The stick has a rubber fixed wheel at the bottom that you use to pull and push yourself along the pavement, just like paddle strokes through water.

Testing it out on Capitol Hill, we got a lot of stunned stares. But we've decided it's the best new thing on wheels: It's better than a skateboard because you don't have to keep pushing with your foot; it's better than skates because you can just hop off when you're done; and it's better than a bike because, well, it's just hipper.

We were able to get down the basics immediately (the stick's great for newbie stabilization), but it took some practice to master the lean that turns the board — which is, by the way, a killer arm and core workout. Just be sure to conquer neighborhood streets before you attempt a downtown commute. And this time of year, leave the board shorts at home. MELANIE D.G. KAPLAN

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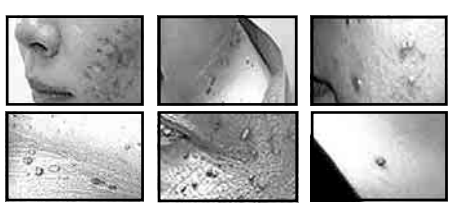

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THE MISFITS

Q Is it necessary to feel muscle soreness in order for your muscles to develop/burn fat? I use a bike, and I am very sweaty and out of breath during my workout, but I am almost never sore the next day. I push myself, so it isn't that.

■ There are two types of training tied up together here. Your work on the bike is endurance training, which teaches the system to use oxygen more efficiently, create motion more efficiently and be able to sustain that motion for longer and at more intense levels. It involves lots of beneficial changes to your metabolism and burns lots of calories. Resistance training involves different energy systems and triggers different sets of changes in your body. This is where the soreness comes in. Weight training causes small tears to the muscle fibers, and it is the process of repair that makes you stronger. Meanwhile, you may feel those tears as soreness, and it is a sign that you have worked out at a level likely to trigger muscle growth. You won't (and, once you are used to it, shouldn't) feel the same way after a workout on the bike. H.S.

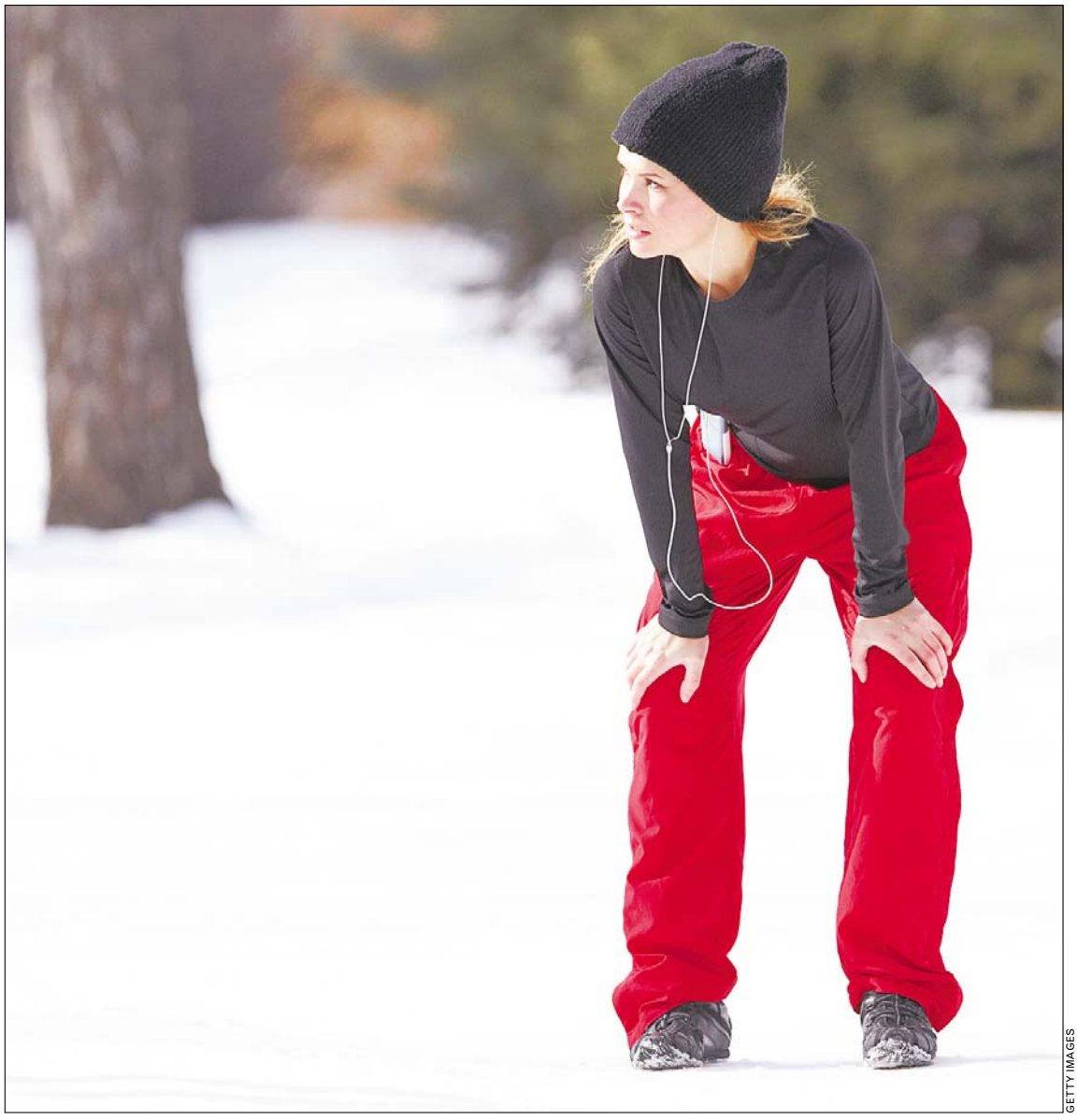
Q Exercise makes me itch. It is so bad that it becomes painful to continue. What causes that, and is there a treatment?

■ Perhaps you haven't be here for a discussion of exercise-induced anaphylaxis. Yep, you can be allergic to exercise. If that's your problem, you can take drugs for it (if it's really bad, you might want an EpiPen — and to see a doc). Around this time of year, it's also often caused by dry skin and cold air. See whether moisturizing helps. V.H.

The MisFits, Vicky Hallett and Howard Schneider, chat every Tuesday at 11 a.m. at washingtonpost.com/liveonline. Catch up on upcoming events, scientific studies and gymgoers' pet peeves.

event horizon

→ Not everyone's a runner, but what's your excuse for not joining the Fannie Mae Help the Homeless Walkathon ($15-$30, Helpthehomelessdc.org) on the Mall this Saturday? Walk 5k and feel great about helping others.



GETTY IMAGES

What's My Motivation?

How to convince yourself to keep moving despite winter weather

When winter rolls around, bears pack on the pounds and then curl up in cozy dens for a few months of lazy snoozing. Humans aren't so different — except their dens usually have cable.

Less daylight and colder weather can make the idea of exercise seem impossible. Actually, scratch that, says Tom Raedeke, an associate professor at East Carolina University who specializes in sports psychology. "It's not just perception. It really is harder," he adds. That's no excuse for giving up on being active, though. With less sunshine, holiday family drama and fattening food temptations galore, there's even more incentive to get those endorphin rushes and metabolic boosts.

But how do you do it? Start by revisiting your goals, suggests Debra Perlson-Mishalove, founder of Flow Yoga Center (1450 P St. NW, 202-462-3569, Flowyogacenter.com), who likes to map out a new routine at the start of each season. If you usually exercise outdoors, prepare for winter nastiness by having a backup plan, such as a class you can attend or a DVD to follow at home.

Think about scheduling, so if you're the type of person who can't work out when it's dark outside, you'll take advantage of daylight. Raedeke says that maybe means getting to work a bit later in the morning, so you can still squeeze in a morning session, and then staying in the office an extra hour into the evening. Or, conversely, arrive at your desk early so you can scoot out at 4 p.m.

Steve Kostorowski, owner of Water Street Gym (3401 K St. NW, 202-338-2711), encourages his personal training clients to snag the earliest appointments they can. "By the end of the day, they're really tired, so we stress getting it done," says Kostorowski, who jokes his strict cancellation policy also helps.

> "By the end of the day, they're really tired, so we stress getting it done."

Many of his clients train in small groups, and they often motivate through a challenge — who can lose the most weight, log the most mileage on a stationary bike, etc. "Competitions are always a fun way to get things going," he says. Your gang can also have a collective mission, such as running enough miles to cross the country.

STEAL MY SUNSHINE

→ One way to combat that chill in the air is to focus on the sun — even if it's not spending so much time hanging out with you these days. Debra Perlson-Mishalove, founder of Logan Circle's Flow Yoga Center, says winter invites a more vigorous practice (as long as there's an extended relaxation routine to balance it out). Her key to warming up on a brisk winter's day? Sun salutations, a series of postures that are guaranteed to generate loads of heat if you do several repetitions. (See how they're performed at Yogasite.com/sunsalute.htm). Perlson-Mishalove also says 'tis the season for holding poses longer and deep twists, which aid digestion.

Just having other folks around is beneficial. Exercise is more enjoyable when it's social, and if you've made a commitment to meet a buddy, you're less likely to bail on the gym. Heck, your pal doesn't even have to be human. "If I could recommend one piece of exercise equipment, it's a dog," Raedeke says. "It's going to want to take a walk."

Those without a furry friend can try another Raedeke trick: "I tell people, 'If you don't exercise today, that's fine. But put on your workout clothes and step outside.' That can work." He's also a fan of not-so-subtle reminders. If you automatically hit the couch and turn on the TV when you get home, put your workout gear right next to the set so you can't avoid it.

It's possible you'll find you even enjoy the chillier temperatures. When it's colder, Perlson-Mishalove likes that she can have a more vigorous practice. And the crisp winter air is ideal for a refreshing walk, says Raedeke. (Of course, it helps to be appropriately dressed.)

There's no better way to work up an appetite for heavy seasonal fare. And if you exercise enough, no one will mistake you for a hibernating bear. VICKY HALLETT (EXPRESS)

CrossFit: Free, but Not Easy

A new Clarendon studio offers a class that's easy on the pocketbook

work it out

The first hit is free at Potomac CrossFit. The owners of the new Clarendon studio are certain that anyone who samples their anything-goes approach to exercise will be hooked. So, every Saturday morning, they offer a complimentary class.

Co-owner Curtis Blake and fellow CrossFit devotees are just excited for more members join their "family" — of course, here, each relative you meet seems buffer than the next.

What It Is

If you're not daunted by CrossFit's reputation as "the principal strength and conditioning program" used by many pro athletes as well as military personnel, you'll discover a system that's actually "broad, general and inclusive." The idea behind the program is to be as well-rounded as possible —not a runner or a weight lifter, but someone whose body can handle any situation.

Does that sound like a lot to handle? It is, but CrossFit operates with the belief that anyone can do the same workout if it is "scaled" to a person's fitness level. "For example," says Blake, "if a workout calls for 60 push presses at 45 pounds, a less-fit individual may do them at 35 pounds instead." Meaning, that old dude loosening his limbs in the back corner isn't there to watch. He's training.

Moves

The peeps at Potomac CrossFit seem genuinely concerned about your health — and, probably, avoiding lawsuits — so the freebie Workout of the Day (or WOD, in CrossFit parlance) class consists of mostly free-weight movements. "We cannot teach complex lifting movements to folks who are brand-new," he says. So, expect gym class stamples, like sit-ups, squats and push-ups. And get ready for the box jump — from both feet planted, it's a straight upward spring atop a box with that's approximately half your size.

Those who crave more can sign up for Foundations — a for-pay boot camp of eight classes — to master more challenging exercises, like the clean and jerk. (Or, "very simple movements," Blake says.)

LAWRENCE LUK

Participants in a free WOD learn that they have to expend some energy to do burpees: push-ups with jumps in between.

The idea behind the program is to be as well-rounded as possible.

Workout

Take any of these basic exercises and repeat five times each, for 20 seconds each time, with only a 10-second break between each set. As your muscles begin to burn, sweat pours and you second-guess whether working out is truly necessary. And though each individual sets his or her own pace, slacking is out of the question. Instructors walk through the crowd and will call you out if you need to get a little lower in that squat.

Crowd

All ages, shapes and sizes are welcome, and do show up. And to keep a competitive edge to the class, participants are asked to keep a running tally of every sit-up, push-up and box jump. So, keep moving and don't count out that limber old dude. His box jumps are solid. DARONA WILLIAMS (EXPRESS)

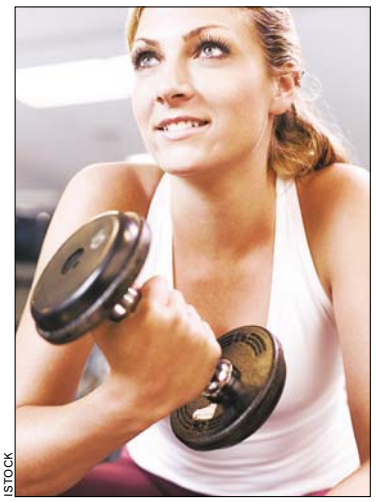
Held at Potomac CrossFit, 1039 N. Highland St., Arlington, Va. Saturdays at 10 a.m. For more info: Potomaccrossfit.com.

CHANGING COURSE

They're Going the Extra Miles

■ Imagine running a marathon. Then another the next day. And another the next day. Since May 4, that's pretty much been the life of Matt Hill and Stephanie Tait, a Canadian duo running 11,000 miles across the U.S. and Canada to inspire environmental action (Runforoneplanet.com). Apparently, they sometimes stop long enough to chat about their mission to raise money and convince folks to go green. See them for yourself as their route brings them to D.C. On Tuesday at 6 p.m., they're visiting the Logan Circle Lululemon (1461 P St. NW, 202-518-4075), and on Wednesday at 6 p.m. they'll swing by Ballston's Potomac River Running (3924 Wilson Blvd., 703-243-2332). Both nights, they'll be leading 5k fun runs and chatting about topics like eating locally and composting. Feel inspired? Donations are happily accepted. Or on Tuesday, buy a performance top from local eco-clothing brand Atayne (which is hosting the event) and 10 percent of the proceeds will go to their cause. V.H.

BODYTALK



ISTOCK

Slow It Down

■ People tend to rush through strength exercises, but a combination of speeds will get you to your goals more quickly. Slow reps build the most metabolism-revving lean mass and are crucial for toning; faster reps add in cardio and prep muscles for real-life activities.

Slower training — four to six seconds per rep — should be the base of your workouts. Taking your time allows you to safely hoist a weight heavy enough to tire your muscles after eight to 10 reps, an ideal number for sculpting. Controlled reps also eliminate "cheating" in the form of momentum and gravity doing the work for you. Women tend to shy away from this type of training, but it's among the most effective ways to offset the natural slowdown of your metabolism with age. Don't worry about increasing size — gals have 15 to 20 times less bulk-building testosterone than men.

Faster training, on the other hand, is best for developing muscular endurance and tends to be better prep for repetitive movements like climbing stairs and unloading groceries. Use lighter dumbbells, bands or your own body weight once a week to do 15 or more reps at a faster tempo; this elevates your heart rate and adds the benefits of cardio to your strength session. Make sure to stay in control even as you pick up the pace, and avoid bouncing or swinging motions that could jar joints.

Alternate both types of training two or three times a week, maintaining 48 hours between sessions, for strong, sexy muscles that will keep you healthy and energized for years to come. CHRIS FREYTAG (REPRINTED WITH PERMISSION OF PREVENTION MAGAZINE RODALE INC.)

Portrait of a Cereal Thriller

Make the most of your morning meal by going for whole-grain grub

Here's an eye-opening fact about breakfast: People who skip it are 4.5 times as likely to be obese as those who always eat it. Here's another: A new Harvard health study found that those who consumed whole-grain cereal seven or more times per week had the lowest incidence of heart failure.

Still not excited? Yet another study from the University of Minnesota reported that the risk of all coronary events was reduced by 10 percent for each 10 grams of grain fiber consumed per day. And because cereal is one of the best sources of these lifesaving whole grains, that means a single daily serving has the potential to slash your risk of heart disease.

If you don't know what to look for, you could end up with a bowlful of empty calories.

GETTY IMAGES

And then there's this: Cereal is fast and convenient, and comes in a gazillion varieties. But that's also its potential downfall. If you don't know what to look for, you could end up with a bowlful of empty calories instead of a nutritional powerhouse. To make sure you're getting the most bang for your cereal buck, follow these tips:

Be a fiber fiend.

Look for the words "high fiber" on the box; that ensures at least 5 grams per serving. But don't stop there. Check the label; in some brands, the benefits of fiber are overshadowed by the addition of refined grains, added sugar or cholesterol-raising fats.

Go 'whole' hog.

Where that fiber comes from matters, too, so check the ingredient list to find out exactly what those flakes or squares are made from. Millet, amaranth, quinoa and oats are always whole-grain, but if you don't see "whole" in front of "wheat," "corn," "barley" and "rice," these grains have been refined.

Watch for hidden sugar.

The "total sugars" listing doesn't distinguish between added and naturally occurring sugars. There's no need to avoid the natural sugars found in nutrient-rich whole grains and fruits. But added sugars can wreak havoc on your blood sugar and energy levels. So, scan the ingredients again for these terms: brown sugar, corn sweetener, corn syrup, dextrose, fructose, high-fructose corn syrup, invert sugar, maltose, malt syrup, molasses, sugar and sucrose. Skip cereals that list any of these within the first three ingredients.

Avoid sugar alcohols or artificial sweeteners.

They're sometimes added to boost sweetness without calories, but they're artificial and can bloat your belly. Steer clear of cereals containing sucralose, aspartame, sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol and erythritol. Instead, add natural sweetness by topping your cereal with fresh fruit.

CYNTHIA SASS (REPRINTED WITH PERMISSION OF PREVENTION MAGAZINE © RODALE INC.)

EATINGIN

UPSIDE-DOWN GINGERBREAD

Spice up a prepared cake mix with fruit — sauteed pears or apples would also work — and lower the fat content by replacing the butter with applesauce.

INGREDIENTS: 1 tbsp butter, 1 1/2 cups skim milk, 1 egg, 2 tbsp applesauce, 15-ounce package whole-wheat gingerbread mix (such as Hodgson Mill's Whole Wheat Gingerbread Mix), 11-ounce can mandarin orange segments (in light syrup, drained), 1 1/4 cups whole-berry cranberry sauce

45 MINUTES, 14 SERVINGS

HEAT THE OVEN TO 350 F. Place the butter in a 9-by-9-inch baking dish. Place the dish in the oven until the butter melts, about two minutes. Tilt the pan to coat the bottom with the melted butter. Set aside.

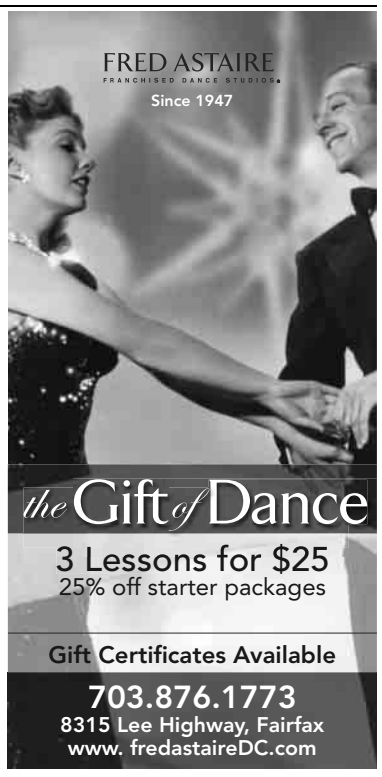
In a large bowl, use the milk, egg and applesauce to prepare the gingerbread mix according to package directions (substituting the applesauce for the butter). Set aside.

Arrange the mandarin orange segments in an even layer over the bottom of the buttered baking dish. Spoon the cranberry sauce over the oranges, making sure to fill in any empty spaces. Pour the batter over the oranges and sauce.

Bake for 35 to 40 minutes, or until a toothpick inserted at the center comes out clean.

Cool on a rack for 10 minutes. Run a knife around the edges of the baking dish to release the sides of the cake. Invert the cake onto a serving platter. Serve warm or at room temperature. (AP)

320 calories, 6 g protein, 6 g carbs, 2 g fat, 37 mg cholesterol, 516 mg sodium, 5 g fiber



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STETHOSCOPE

PSYCHOLOGY

Please Bring the Pain

■ University of Chicago researchers aren't familiar with schadenfreude. How do we know? They recently published a study in the journal Biological Psychology based on an experiment that involved showing teenage boys images of people inflicting pain on others. They were surprised to find that ones with a history of aggressive conduct disorder actually seemed to enjoy it (at least, the fMRI showed increased activity in the parts of their brains linked with feeling rewarded).

ISTOCK

PREGNANCY

More Mommy Issues

■ More stress for moms-to-be! Not only will gaining too much weight during pregnancy make it tougher to slim down after you give birth, but also your bigger baby will be at a greater risk for turning into a chunky teen. Harvard Medical School researchers studied nearly 12,000 children and found that those whose mothers had packed on the pounds were a whopping 42 percent more likely to be obese by their middle school days.

CARDIOLOGY

Groove Is in the Heart

■ Scientists are always saying things you love are bad for you, so here's some good news: Feel free to sit on the couch and just enjoy your favorite tunes. Researchers at the Center for Preventive Cardiology at the University of Maryland Medical Center measured blood pressure before and after folks listened to music selections that made them feel good. Blood flow increased 26 percent, lasted for about an hour afterward and seemed to have an effect similar to aerobic activity.

Debunking the 30-Day Myth

Drug and alcohol rehab takes more than one month to be successful

We love quick, tidy solutions. With health problems, in particular, we're impatient. Pills to ease each and every symptom? Great. Same-day surgery? Terrific. A scheduled Caesarean section? Bring it on.

But in the case of drug and alcohol dependence, it's becoming increasingly clear that there is no such thing as get-well-quick therapy. Instead, with scientific evidence showing that the longer the treatment, the better the chance of lasting sobriety, addiction centers nationwide are lengthening their programs and firmly discouraging patients from early checkouts.

"Treatment is dose-related," says Harry Haroutunian, director of the licensed professional program at the Betty Ford Center. "More is often better, depending on what you do with the time."

Treatment programs of 28 or 30 days are still common. But this template was never based on medical evidence, says David Lewis, medical director of Malibu's Visions. Lewis, who in the 1970s helped establish the first addiction treatment program in the Air Force, says 30-day stays were scheduled for bureaucratic reasons — men and women didn't need to be reassigned if they were away from duty for no more than 30 days. Other treatment centers followed suit, and insurers adopted the standard of 28 or 30 days of inpatient care.

ISTOCK

Today, addiction experts recognize that it's foolish to treat every patient the same way. Longer treatment reflects the fact that addiction is a chronic, relapsing disorder, says Lisa Onken, chief of the National Institute on Drug Abuse's behavioral and integrative treatment branch. Additional time in treatment allows people to learn to handle stress, develop ways to cope with environmental cues that could trigger drug use, and improve relationships that are needed to sustain recovery.

However, time alone isn't a solution. Many addicts stop using for long periods of time while incarcerated but relapse after being released. "There is no real evidence that just locking someone up, denying someone access to drugs alone will cure an addiction," Onken says. "It's not just length of treatment that is important. It's length of treatment that is working."

The first month of treatment is now viewed as a first step, consisting largely of coping with withdrawal symptoms and establishing a relationship with a therapist.

"People are often detoxifying for 28 days," Haroutunian says. "Their mind is not right. Their temperament is not right. They have emotional instability, poor judgment, physical complaints, sleep problems — things that keep them in a very delicate state of vulnerability to coping with life stresses. If they are out there in the world after only 28 days and get flooded with these things, they are vulnerable to relapse."

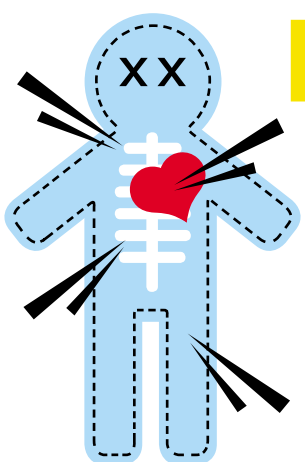
> "People are often detoxifying for 28 days. Their mind is not right."

Brain scans of recovering addicts support the idea that changes are still taking place three months or more after treatment. Chronic drug use damages the brain, such as reducing the number of dopamine receptors, chemical pathways that allow for normal brain functioning. Changes in the brain during recovery correlate to clearer thinking and more honesty on the part of the patient, Haroutunian says. It's often only at that point that therapists discover other problems, such as physical or mental-health problems, eating disorders, gambling issues, relationship problems or a history of abuse or molestation.

"If that is not identified and treated, it can easily bring someone back to their original drug of choice," he says. Haroutunian notes that Alcoholics Anonymous, founded more than 70 years ago, recommends "90 meetings in 90 days."

But it's tough to convince some addicts or their family members that three to six months of treatment offers the best chance of success. People argue that they can't leave their jobs or families for that long. They want to put the problem behind them as quickly as possible. And some people would like to commit to a longer period of treatment but can't afford it.

The cost is overwhelming to most people, Haroutunian acknowledges: "But we tell them it may save their life. Most people see the wisdom in that." SHARI ROAN (LOS ANGELES TIMES)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you itch? Are you anxious or stressed out? Do you scratch at dry, scaly, thickened, discolored patches on your skin? Do they itch more when you scratch them, so you scratch them even more? This vicious circle could be lichen simplex chronicus, also known as neurodermatitis (the rough, leathery skin is called "lichenified"). And it isn't just caused by stress. The affliction can begin simply with chafing clothing or a bug bite. To cure the problem, the itchy-scratchy cycle must be broken, which is difficult. Creams, bandages, oatmeal baths and counseling are all in the arsenal of treatment. At least there's nothing fatal about it, though you can get a skin infection or cause scarring. SOURCE: MERCK MANUAL, MAYO CLINIC

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